

Mr X is working in a busy opd where he has to look after his department along with additional duties .

He has to cater to all the patients of his department along with other department patients. Their are yearly targets to meet of each department which is another extra stress.Mr X is married since 5 years now having 1 girl child.Busy OPD makes him drained of energy by end of the day so he is unable to meet other daily chores of family.At department also he has to manage the usual misunderstandings of co working staff members.

Being so busy at work makes him less dedicated towards taking care of his health. He pops pills like candies in order to make sure that his work is not compromised. He hardly has time for family outings

and family functions. All this stress keeps him low in energy. He wishes to sleep most of the time and hardly wants to meet his friends outside of work. He does not work out or even take out time for a thirty minute walk. His health has taken a backseat in his routine life, which is worrisome for his family.

Work stress, and no workout is responsible for making him obese and unwell in terms of hypertension.

He does not keep a check of his diet, and most when in stress eats junk and unhealthy food, which further adds to his unhealthy lifestyle. He doesn't have time and energy to play with his child or teach

his kid.

How the doctor handled the above situation, and what is the learning from it

Staying busy and inactive makes him a dull person overall. He tries really hard to manage his time , spend some time with his friends and family but his eternal wish is to sleep whenever he gets time.

Sometimes household stuff, like some renovations of the house ,etc needs to be done, and when he needs to spare time for all of that, he gets restless and irritated . Spending time with his best friend is probably the only therapy he wishes to have . Sharing his thoughts and spending time with him acts like a medicine for him.

He likes music .whenever he gets time and his head is free of stress or he wishes to pause his stressful life, he listens to music . His favorite genre of music is rap , he prefers listening to eminem,

who raps and tells his own life stories. Music really helps and gives him a calming and soothing effect, which helps him

forget about his stress for sometime but his is temporary relief. He doesn't have any permanent solution for his stressful life. He doesn't like talking much but talking to his best friend also helps but sometimes his best friend is also busy so that leaves him with no one. He rarely discusses his problems and tensions with his wife as he doesn't want her to worry much about him. Playing and spending time with his daughter also helps him refresh, but that also has its limitations as sometimes the kid doesn't want to play.

(From Dr Subhreet)