

# Depression: the key is tackling it head on

THROUGHOUT my adult life, depression was a constant. I had a series of very bad life situations that made me feel helpless and hopeless.

That sadness was the white noise in the background of my life. I was so used to hearing it, that I lived by its rhythm.

Three years ago, it took a turn for the worst.

I got divorced for the second time, faced single-parenting with two children, lost everything financially, was betrayed in the worst possible way, and the decades of trauma that I refused to face all caught up with me, pushed me over the edge and hit me like a tsunami.

Death became my pervasive thought every single day, when the simple task of getting out of bed became overwhelmingly hard.

I planned the suicide carefully, wrote letters to my children asking for forgiveness and on that cold June night in 2014, I left work and got into my car with the intention of driving off a bridge.

I wanted to make the suicide foolproof. I knew it was not a cry for help, I was done with life and life was done with me.

I've never been religious, but that night my spirituality happened by osmosis.

Through what can only be described as divine dispensation, I ended up at home instead of in a mangled heap somewhere.

I have no recollection of how I drove home or why I never executed my plan. It was a complete out-of-body experience.



TIVANIA MOODLEY

Many people would attribute this to God and get some divine revelation. However, I never did.

The next day, my intention was the same. However, life had other plans for me.

My manager at work, whom I've never been particularly close to, saw my pain and decided to step up and confront me about it. She was brave enough.

That single act of courage changed my life forever. She insisted that I attend a workshop on personal development and put me on that workshop the next day.

Through two very special men who run a company called The Soar Institute, I was finally able to face my demons head on, with a method that worked for me.

Cognitive therapy never helped me and I was never a fan of medication.

Love and kindness was the

only thing that got to the real source of my depression. It changed my life forever.

Life happens to all of us. No one is spared from suffering, and the degree of pain we experience is something that is very subjective and relative.

It cannot be measured from person to person. We are raised to believe that it's a sign of weakness to be depressed and it's something that can be overcome by "pulling yourself together".

Every six seconds, someone in the world dies from suicide.

Clearly, pulling ourselves together is not how a disease gets cured. Anyone who has ever suffered from depression will know that it's not something we can dismiss with the wave of a hand.

Through my experience, I've learnt that truth is a boomerang. Being vocal about my journey makes me feel connected to those people who share the same feelings.

Generation after generation, our stories are all different threads of one tapestry.

As a collective humanity, we are all intrinsically the same, yet we choose to be in judgement of others rather than compassionately.

The truth comes out one way or the other. If not authentically, then through alcohol or drug addiction, food disorders, sex or any other form of anaesthetising agents.

All of these addictions serve to suppress pain. Rather than getting to the root of the evil, people choose to hide or mask it.

Depression is a disease, much like cancer or diabetes, and needs to be regarded with the same seriousness.

The choice of therapy boils down to personal preference; however, the recognition, compassion and honest conversations are the catalyst for recovery.

People suffering from depression need to have a safe space within which to share their pain; without judgement, condescension, guilt or shame.

The mindset needed to shift that depression is something that can be controlled and something taboo.

We are extremely fixated with the "what would people think" mentality, and that mentality is the reason we end up burying people we love.

I've been lucky. I got a second chance at life.

My depression and life experiences were the greatest gift to me because they have given me such an appreciation for being alive.

Life is hard and living takes courage.

We need to live authentically and become the purveyors of truth in our own lives, giving other people permission to do the same in theirs.

I own my depression proudly, knowing that mine has become a redemption story.

*Tivania Moodley is a Johannesburg-based specialist business writer, copy editor, aspiring author and a single mom of two*

# Parents, in-laws conflict study

COUPLES with children are likely to have more conflicts with their in-laws as compared to their peers, who are childless, a study has revealed.

The findings showed that being a parent might be associated with conflicts between family generations.

Compared to childless couples, couples with children were as likely to report conflicts with their own parents.

Importantly, they were more likely to report conflicts with their parents-in-law, the researchers said.

Child care provided by grandparents is of great help to parents of young children, but may also be a source of conflict.

"Daughters-in-law were more likely to report conflicts when their mother-in-law provided more grandchild care,"

said researcher Mirka Danielsbacka of Suomen Akatemia (Academy of Finland).

"This indicates that the increase in conflicts between in-laws are related to grandchild care," Danielsbacka added.

Previous studies have shown that in-laws become more "kin-like" to each other when a grandchild unites kin lineages.

Treating an in-law almost as biological kin can make the adults involved feel closer to each other and help each other more, what has been called a "kinship premium".

However, the new study documented evidence of a "kinship penalty".

As in-laws become more kin-like through the presence of a grandchild, their mutual conflicts increase, the re-



PICTURE: TALLYPRESS

searchers said.

To analyse conflicts that couples reported having with their own parents and their in-laws, the team used survey data from Finland with more than 1 200 respondents.

The results took into account how frequently family members were in contact with each other and how emotionally close they felt, as well as other socio-demographic factors. - IANS

# Cut down on kids' social media time

PARENTS must intervene to stop their children overusing social media and consuming time online "like junk food", according to a top official.

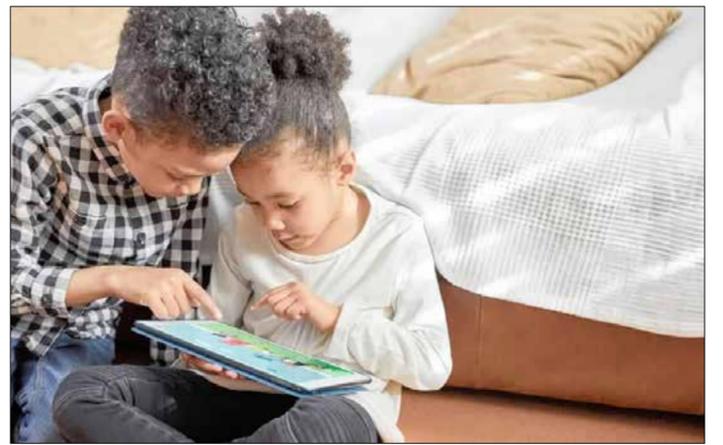
Children's Commissioner for England, Anne Longfield, slammed the ways social media giants use to draw children into spending more time online.

She said parents should be proactive in stopping their children from being on the internet.

"It's something that every parent will talk about ... that children are in danger of seeing social media like sweets and their online time like junk food," the BBC quoted Longfield as saying.

"None of us as parents would want our children to eat junk food all the time. For those same reasons we shouldn't want our children to do the same with their online time."

Last year, industry watchdog Ofcom said the internet overtook television as the most popular media pastime for children in the UK. Children aged five to 15 are spending 15 hours



PICTURE: IMPORTANT EVENTS 24

a week on the internet, reports the BBC. A study earlier this year of screen time and mental well-being among teenagers

suggested that moderate use of devices may be beneficial.

The research, which appeared in the journal Psycho-

logical Science, was based on self-reported data from 120 000 children in England aged 15. - IANS

## HAPPENINGS

### PRAYER

● The Hillgrove Vishnu Shakti Mandir will celebrate Shri Ganesh Chaturti on August 25 at the AMF Temple in Newlands West. Call Ray Maharaj at 0847785091.

### REUNION

● Foresthaven Secondary School will host its Class of 97 reunion on Friday at the uMhlanga Function

Venue opposite Beverly Hills Hotel. It is a three-course dinner and dance. RSVP with Melisha at 083 787 6635 or Rina 0845538206.

● Centenary Secondary School (class of 1985) reunion will take place on Saturday. Email centenaryclass85@gmail.com

### MEETING

● The Ottawa Sathung will

hold its AGM at Jhugroo School on School Road on August 22 at 6.30pm.

### EVENT

● The Durban South combined groups of Alcoholics Anonymous will hold a rally on August 26 at the Merebank Community Centre on Krishna Rabibal Road. All welcome.

● The S Dass Special School will host a nagara night on August 26 at the PESCO Centre in Phoenix from 6pm. Call Neshara Sukraj at 0720199497 or 031 507 6264.

● The Tamil Women's Progressive Movement in association with the Kharwastan Temple Society will host a Women's Month celebration on Sunday at the temple hall from 1.30pm.

### SHOWS AND MUSIC

● THE *Indian Comedy Kings*, featuring Neville Pillay, Henry Ramkisson, Koobeshan Naidoo and Masood Boomgaard will be staged at the iZulu Theatre at Sibaya on August 25 and 26 at 8pm. Comedy fans can expect a few enlightening lessons and outrageous tales from exotic lands like Phoenix, Chatsworth and Newlands. Tickets at Computicket or the Sibaya Box Office. The show carries an age restriction of 13.

● THE *Chronicles of Jack* will be staged at the Courtyard Theatre at the Durban University of Technology on August 18 and 19 at 7pm. The production takes a wry look at the experiences of a young student from rural Eastern Cape, and his challenges to adapt to an urban city campus as part of the Fees Must Fall generation. Call Lebohlang Sibisi at 031 373 2194.

● Comedian Carvin Goldstone will make his official debut at The

## WHAT'S ON



Masood Boomgaard will feature in *The Indian Comedy Kings*.

Baxter Theatre in Cape Town on August 25 and 26 with his one-man family comedy show, *Coloured*

*President*. It explores the hilarious nature of the South African and world political arena and what South Africa would be like if it had a coloured president. Tickets at Computicket.

● British singer-songwriting legend and Rock and Roll Hall of Fame inductee Yusuf Islam (formerly known as Cat Stevens) will tour South Africa for the first time in November. The three-city concert tour starts on Thursday, November 9, at GrandWest, Cape Town, and moves to the Sun Arena at Time Square, Menlyn, on Sunday, November 12, and finishes on Wednesday, November 15, at Durban's ICC Arena. Tickets at Computicket.

● The "Queen of Bollywood", Shreya Ghoshal, Indian vocalist Kinjal Chattopadhyay and Sony Entertainment TV stars Shaheer

Sheikh and Kushal Tandon will appear in Shreya Ghoshal Live in Concert at the ICC in Durban on August 19 at 7.30pm and at Centre Court at Emperors Palace in Kempton Park on August 20 at 6pm. Tickets at Computicket.

● The musical play *Taqdeer*, which aims to raise awareness on cancer visual impairment, will be staged at the Hindu Youth Centre (University of Durban-Westville campus) on September 2 at 7.30pm. Tickets at Computicket.

### EVENTS

● The Mrs Universe 2017 contest will take place on September 2 at the ICC in Durban. For details, log on to [www.mrsuniverse2017.co.za](http://www.mrsuniverse2017.co.za)

## HOUSECALLS

HOUSE CALLS is available only to advertisers with premises at a rental of up to R2000 a month excl. Call Chanelle Lutchman on 031 308 2400 on Wednesday and Thursday between 8.30am and 3.30pm to place a free advert in this column, space permitting or e-mail [post@inl.co.za](mailto:post@inl.co.za). Deadline is Thursday 3.30pm. Advertisements for accommodation costing more than R2 000pm excl. should be submitted to the Classifieds Section to appear under HOUSES TO LET. This service will be charged for at current rates. The telephone number for Classifieds is 031 308 2004.

**PHOENIX**  
A room to let for R1 800, including water and lights. Call 084 257 0095. One large room, shower, toilet, sink basin for R1 800 including water and lights for a single person. Call 031564 7041.  
A room, kitchen, toilet and bathroom in Duffs Road, for R2 000 excluding water. Call 084 565 1471.  
A room, meals and laundry for a boarder in Unit 20 for R2 000 excluding lights and water. Call 031 505 7068.  
A room, toilet, bathroom, built-in cupboards and a sink for a single person or married couple without parking for R2 000, excluding lights and water. Call 031 507 5321.  
Two rooms, kitchen, toilet, bathroom for a working couple in Sunford. R2 000, excluding lights and water. Please call 084 390 7788.  
**RESERVOIR HILLS**  
A flat to let for a couple along the bus route for R2 000 excluding lights and water. Call 071 082 8054.  
A bed, lounge, kitchen, toilet, bathroom for a single person for R2 000, excluding lights and water. Call 084 555 4264.

**CHATSWORTH**  
Female boarder wanted. One room for R1 500, excluding lights and water. Call 031 404 6112.  
A bedroom, kitchen, toilet and bathroom for R2 000, excluding lights and water. Call 031 400 5484.  
A granny flat to let with a bedroom, lounge, kitchen, dining room, toilet and shower for a working couple for R2 000, excluding as there is a card system. Call 031 401 7319.  
Looking for a boarder with sober habits. R1 500 including lights and water. Call 031 403 6059.  
A room, toilet and bathroom for a single person for R1 600, excluding

lights and water in Unit 3. Call 083 601 8959.

**OTTAWA**  
An outbuilding for R2 000, excluding lights and water. Call 032 537 7145.

**VERULAM**  
One room, kitchen, toilet, bathroom, security and a carport for a couple for R1 800, including lights and water. Call 084 959 9067.  
A one room en-suite with kitchen, toilet, bathroom, dining room and parking for a working couple for R2 000, excluding lights and water. Call 083 243 1844.  
A room with a kitchen for R2 000, excluding lights and water. Call 073 377 0453.

**ISPINGO**  
A cottage with an en-suite, lounge, dining room, kitchen and fully alarmed in Ispingo Rail for R2 000, excluding lights and water. Call 031 902 9046.  
**SHALLCROSS**  
A granny flat to let for R1 500, including lights and water for a single or working male. Call 031 409 2784.

## Lonely hearts

For our free service, write to Lonely Hearts, PO Box 47549, Greyville, 4023. Names and contact details must be given - for our records only. If you wish to contact a Lonely Heart, address your letter to them (see pen-name below each ad) and post to the above address, and we will forward your letter. You may e-mail your letters to [chanelle.lutchman@inl.co.za](mailto:chanelle.lutchman@inl.co.za) or fax them to 031 308 2427. You may also place a paid advertisement in our Companion Seekers column in the Classified section by phoning 031 308 2000.

I AM A 43-year-old Christian gentleman with no children and am seeking a single, divorced or widowed lady for friendship, leading to a serious relationship. I am 1.66m tall and fairly good-looking. I am humble, fun-loving and understanding. My interests are watching TV, spending time outdoors and time with family or friends. She should be caring, loving and between 32 and 45.

### ISHR-PHOENIX

A SINGLE 69-year-old female, who goes to Tamil service weekly, is looking for someone with good values and who is friendly. I am loyal, jovial and well spoken. My hobbies are reading, watching television and baking.

### S.P.

WARM, simple Hindi guy, 42, is looking for a relationship that leads to marriage with a woman without kids. She must be mentally strong but kind and caring. Like educated and liberated women. She must also have a decent character and a good heart.

### ENLIGHTENED ONE

A YOUNG-at-heart 53-year-old is seeking an honest male companion to enjoy the simple things in life. I like cooking, fine dining, music, dancing and family activities. I am also a spiritual Christian but I accept all beliefs.

### CUDDLES

I AM SEEKING a decent woman between 20 and 40 of any religion. I am a decent, homely guy, who loves giving to the youth and keeping them from bad habits. I am also a soccer coach. I have a professional job and know what it is like to be hurt, so I won't hurt anyone.

### HOMELY DECENT GUY

I AM AN honest, sincere female, who loves adventure, travel and having fun. I am looking for a Christian male who is fun-loving and outgoing, with good morals and values. Looking for someone between 33 and 38 years.

### ANGEL

A 30-year-old Hindi-speaking guy, who is also tall and handsome, is looking for someone of a similar age

for friendship leading to marriage. I am financially secure with a good job. I am also humble and fun-loving.

### MARRIAGE MATERIAL

A RETIRED 65-year-old Hindu male living on the South Coast is looking for a Hindu female for friendship. I play golf, swim and fish. I also enjoy going to the movies and spending time on the beach. Age does not matter.

### FRIENDLY GENT

HOWICK-based 34-year-old female is in search of her life partner, who is humble, understanding, simple, kind and caring, with a heart of gold. He must be independent and mobile. I love going out and socialising as well as meeting new people.

### MISS M

I AM A 26-year-old career-driven gent in search for a motivated Christian female between 23 and 26 who loves having a great time, travelling and adventure.

### DIMPLE GUY

## YOUR LUCKY STARS

**ARIES**  
For the next couple of weeks you need to drive within the speed limit or you may end up with a costly ticket. This is especially true over the next weekend. Be careful what you commit to writing because it could cause you trouble later and your reputation could suffer.

**TAURUS**  
You need to listen carefully to others because someone may come up with a really great idea you can use within the next few weeks. Watch your mail for new ideas. For the next year you will have to be frugal and careful with your finances. It could be disastrous if you are careless during this time.

**GEMINI**  
The planet Saturn is now working its way to the end of your sign, which means problems are lifting. You can see the light at the end of the tunnel by now. Responsibilities are lessened or handed off to someone else. Any "heaviness" of spirit you have felt for the past two years will leave you.

**CANCER**  
For the next year you should be concentrating on building your resources or finances because you are going to need a good base for the year following. That is the time when you will want

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to expand and when the opportunity arrives for you to do so. Right now money is slipping through your fingers and you are going to have to be more tight fisted for your future to be secure.

**LEO**  
Some very important decisions are being made this week and you must be extra careful. These decisions could affect your life for a long time. Rely on facts rather than intuition or emotions. Wait until next week to announce your plans.

**VIRGO**  
You should have some great ideas within the next few weeks, which should help to expand whatever you have been working on lately. Success can be achieved now in business, advertising or writing. Your mind should be more focused for the next few weeks, so you should be able to accomplish a great deal.

**LIBRA**  
If you put some extra effort into whatever you do this month, you should be

successful. You have some good ideas now and once cleared with the boss they should be put to use. Your success for the next year is going to depend solely on you. This means if you do not try, you cannot succeed. You will have to make your own chances.

**SCORPIO**  
The planet Jupiter has now changed signs and it is not favourable to you. For the next year you will have to pull in your horns and be cautious in any financial or legal aspects of your life. Be satisfied with what you have as there are no more good opportunities for you during that time. Good ideas come to you in the next few weeks with workable plans.

**SAGITTARIUS**  
Some really important decisions are being made in the next week or so. A Vaastu Yantra will bring good energy to your troubled home. Be sure you have thought it all through because your life may be suddenly going in a new direction. However, if you decide later you want another

change, you can do it all over again next February.

**CAPRICORN**  
Your finances have steadied down for now, so you do not have the wide swings you usually have. A Kubera Yantra will bring good luck to you. Sudden changes in plans are handled in your usual practical manner. Any unusual plans you now have to bring to the table can be very successful. Romance is still in the air, so put your best foot forward if you expect to get anywhere with this feisty one.

**AQUARIUS**  
You need to be alert this week for accidents or fires. You should also hide or lock up your valuables. Thursday could cause some trouble between you and a loved one. Someone is being very dramatic. More money should be jingling in your pocket starting at the end of this week.

**PISCES**  
This is a good time to listen to others as they may have some useful ideas or plans for you. What sounds like criticism may only be helpful information for you to ponder over. You are becoming lazy and need to give your muscles more of a workout. If you do not, you could run into trouble. You may have to help out a friend or relative this month because you promised to do so.