



the psychology behind...
the impact of divorce on men



DR LINDA PAPAPOULOS
Psychologist and author

Men who are divorced or single have mortality rates up to 250 per cent higher than married men. The recent study, published in the Journal of Men's Health, also suggests that divorce can affect men's mental wellbeing, making them more prone to depression and substance abuse. In fact the researchers found that divorced men have a suicide rate that is 39 per cent higher than that of those who are married.

I think what is interesting here is that men are often perceived as being more resilient and less vulnerable to psychological trauma than women. The results of this study indicate that this of course is not the case.

Negative life events and the lack of social support have the capacity to affect men just as

much as women and its time we acknowledge and do something about this.

In honour of this, men, here are some steps to take if you're going through a break-up:

Take good care of you

When we go through a difficult life event we need to make sure that we are meeting our basic needs: eat well, rest, feel safe, and get enough sleep.

Ask for help

Reach out to friends and family and ask for their support. Be specific about what you need – whether it's emotional support like having someone to talk to or practical support like having somewhere to crash for a few days. Remember sometimes the most important part of coping is telling those around you that you can't cope.

Don't self-medicate with alcohol or drugs

While escaping from what's

going on might be appealing, you actually need a clean head if you're going to navigate through this hard time effectively. So try other things that will lift your mood like exercise, music, or spending time with good friends.

Beware of changes in your health patterns

If you're finding it hard to eat or sleep because of low mood or anxiety, then get professional help as soon as you can. Speak to your GP and ask for a referral to a therapist. A divorce can be one of the hardest life experiences to go through and can raise a lot of emotional issues – having the support of a professional to guide you through what you are feeling can make it a easier.

Let others take care of you

Going it alone is not an indication of strength, the capacity to ask for and accept help when we need it, is.

Reflections

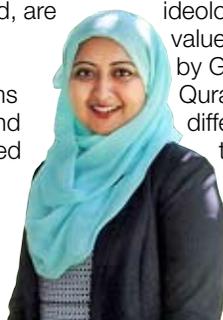
President of Islamic Society
SUGHRA AHMED

These past weeks I have felt pain, anguish and heartbreak when hearing of the terrorist attacks in Lahore, Brussels, Istanbul and Ankara.

If you're the kind of person who will commit acts of devastation for a warped sense of purpose then the likes of Daesh approve of your existence. The rest of us, who live

in peaceful coexistence and wish others nothing but good, are targets for terrorists.

Contrary to popular belief millions of Muslims fall into this category and are therefore also treated as targets by terror groups. In fact more Muslims are killed – as in Lahore – than any other group because



we won't follow an extremist ideology. Our philosophy values human life as decreed by God who tells us in the Quran how He created different communities so they will come to know one another, and will show us how we should live through Prophets Abraham, Moses, Jesus and Muhammad.



JANETTE JACQUES
She knows, you know

ARIES

March 21-April 20

The trouble with doing something right the first time is that no-one appreciates how difficult it was. Don't burst your britches trying so hard. You're talented enough to be able to relax. Beware of bungling co-workers. Lucky film: Upside Down

TAURUS

April 21-May 21

You can be a shrinking violet, despite your talents. Life is too short to waste opportunities. Make like fellow Taurean Bargain Hunt's Tim Wonnacott who says: "No shame, no gain." What could possibly go wrong? Lucky boot: Biker

GEMINI

May 22-June 21

Sometimes you speak too loudly, which is a shame as you are often talking to yourself. But how else do you get decent conversation? Dial down the quirky today. On a happier note, you are being secretly admired. Lucky donut: Pink iced

CANCER

June 22-July 23

Today you feel a little like cantankerous Cancerian Harrison Ford looks: Grumpy, rumped and out of sorts. Your face doesn't yet look like a Shar Pei's – so cling on to that thought, things will improve. Plan a holiday. Lucky plane: Higher

LEO

July 24-August 23

You love the finer things in life. Add that to your generosity and every time you think you can make ends meet, someone moves the ends. You'll have to survive without the Kobe steaks for another month. Lucky plan: Austerity

VIRGO

August 24-September 23

You turn your attention to self-improvement. Again. If you put in more effort you will implode. There's more chance of Donald Trump turning into Hello Kitty than of you taking it easy. But do try some down-time. Lucky recliner: La-Z-Boy

LIBRA

September 24-October 23

You may feel pressure from those kinds of friends who are suddenly around because they need something. You're a softie, but next time someone tells you you're too kind, say: "Thank you, I'm trying hard to stop that." Lucky blue: Cyan

SCORPIO

October 24-November 22

You can be scarier than turbulence, Gaga and Shark Week put together. Today use it wisely on someone who truly deserves to have their pants set on fire. Remind me again why you're not in politics? Lucky book: Frankenstein

SAGITTARIUS

November 23-December 21

It's a good day to go slow, as you're in danger of blowing a gasket. Is it the time of year, the weather, or just rocketing blood sugar from all those choccy eggs? Steer clear of caffeine and try to eat healthily today. Lucky diet: Paleo

CAPRICORN

December 22-January 20

You feel the urge to shop and you're like a bloodhound when getting your money's worth. But it's always worth remembering a bargain is something you don't need, at a price you can't resist. Avoid queue bargers. Lucky store: Iceland

AQUARIUS

January 21-February 19

Ruled by awesome duo Uranus and Saturn, you do like to trumpet your opinions. Today you feel as cross as a dragon trying to blow out candles. Retire gracefully and drown your sorrows in tea and Digestives. Lucky decibel: 0

PISCES

February 20-March 20

It's April Fool's day tomorrow so believe nothing, trust no one – business as usual. Same rules when someone may bug you, believing they can get away with it. Make yourself a nice cup of tea... and spill it on them. Lucky snack: Oreo