

Centre stage

>> TEAM ROUGE



From fashion to relationship dilemmas, from health to beauty problems women, we have the answers to questions you eternally ask yourselves

I'm commitment phobic. How do I deal with it?

"Commitment phobia primarily arises from the fear of failure," says Varkha Chulani, clinical psychologist. You want to avoid responsibilities and suffer from anxiety pangs to sustain a long-term relationship. Explains Chulani, "Most women who avoid committing, suffer from severe inadequacies like inferiority complexes." The only way out of this problem is to accept yourself as someone who has the capacity to become a lifelong partner. It's also important not to take the entire onus of the relationship on yourself.

I'm on the quest for a perfect pair of jeans. What should I look for?
Fashion designer Anita Dongre points out, "A pair that tucks in all your flaws and disguises the flab at unsightly places is your best bet. One eternal classic for all body types is the straight leg style which is not too low at the waist and looks fabulous on everyone."

What are the things that I must have in my wardrobe?

"A pair of blue jeans, a white shirt, a black trouser and a kurti/ kaftan are absolutely essential in your wardrobe," says fashion designer Monisha Jaising. It's also important to have a pair of track pants and easy t-shirts. In terms of basic accessories, own a large-sized shopper bag and a medium-sized hand bag. In shoes, own a pair of flip-flops and wedges.

How do I know if I am clinging on to a relationship?

Dr. Sharita Shah, consultant psychiatrist, Hiranandani Hospital, points out the signs to watch out for...

- Preoccupied with your ex's thoughts
- You overlook signs of repeated rejection
- You misinterpret polite gestures as signs of interest
- No amount of convincing from people has any effect on you
- You misinterpret polite gestures as signs of interest

"When a woman is emotionally charged, rationalisation is a far-fetched virtue. Speak to a confidante and get an honest opinion," she advises.

What is the best way to get rid of tummy flab?
Satyajit Chaurasya, proprietor, Barbarian Power Gym recommends leg raises. "Lie down flat on your back, raise your legs until your body forms a 90 degree angle and hold for a few seconds. Then lower your legs, as if trying to bring them to a horizontal position but stop at the 90-degree position. Repeat this 15 times and gradually increase the frequency."

Sometimes I skip my menstrual cycle. Is it because of heavy workouts?
Excessive exercising combined with inadequate nutrition can affect your cycle. Dr. Anita Soni, gynaecologist, Hiranandani Hospital, says, "Pregnancy and thyroid disorders are some of the common reasons. To isolate the health problems you've experienced..."

Is it possible to get rid of dark under-eye circles?
"It is possible to lessen the intensity of under-eye circles", says Dr. Apratim Goel, cosmetic dermatologist, Cutisclinic. Follow these pointers:

- When you step outside, apply sunscreen around the eyes and don dark, large-framed sunglasses.
- Before going to bed, apply vitamin C serum
- At home, smear mashed papaya or almond a combination of potato and cucumber.
- Consume Vitamin C tablets (1000 mg).

And, if you don't see any improvement, this could be a sign of some underlying health

Should I share all details of my personal life with my friends?

Women need to communicate and often discuss intimate details with their friends. But that's not the safest thing to do. As Seema Hingorany, clinical psychologist, puts it, "Though you may want to vent out, there are certain details that you should definitely keep to yourself. This is especially true in cases of women who have friends in the workplace, because personal details at work can go against you."

I wear high heels all the time. I was told the arches of my feet are suffering. What does that mean?
Everyone loves wearing those towering stilettos but they do more damage than good. Dr. Shrikant V. Banavalikar, foot surgeon, explains, "The arch is the middle part of your foot. By wearing high heels, the entire pressure of your body weight lies on the forefoot and there is improper support to the arch. The arch of your feet thus feels very strained. The tendon at the back of the foot, the tendo-achilles is also stressed as the foot is not in the normal 90 degree position. Constantly wearing high heels can cause tremendous ache in the feet." So it's a good idea alternate those flats with heels.

I'm considering a career switch. Help me weigh the pros and cons.

Jayanti Ghose, career consultant, advises...

- Don't rush into a new career field because you are disillusioned with your current job, boss, company or field.
- Sort out your thoughts about work, what you would like to do, the way your present qualifications and work experience relate to it, and whether you possess the skills and personal qualities necessary for it.
- Your interests, values, needs, responsibilities and constraints should be factored in as well.