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LOVE YOUR WORK, KEEP STRESS AT BAY

By Dr Mohan Thomas

TO me, work is the whole purpose of being. I love what I do. Work will be stressful only when you do not enjoy it. Look at work as a personal journey to increase the purpose and meaning of life.

I begin by planning for the major surgery of the day. I go through every step mentally, carry out the myriad variations to customise and optimise the procedure. For me, there is no greater joy than

doing a surgery. Most of the innovative ideas and neat tricks that I use have come up during my morning planning session.

A fresh mind and a lot of enthusiasm can do wonders. Surgery is an equal combination of hand skill and intelligent thought process. I have made it a point to surround myself with equally energetic and enthusiastic people, so I can bounce my ideas



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with them and get useful inputs as well. Most of my working days are an interesting mix of surgery, consultation, academic activity and media interaction.

Even consultations, which may be mundane, can be interesting enough if we make the extra effort to connect with the patient.

There are certain times when work is slow. I used to feel very frustrated and stressed out at such times. Over the years I have realised that it happens to everyone, without a rhyme or reason. Spend more time with family, complete paper work, write articles and so on. The biggest amount of stress can come from home. The best way to deal with this is to take preventive action—I make sure that I reach home at a reasonable hour and spend quality time with my family. A couple of holidays every few months helps one bond better with family. Occasionally, I head for Goa, which is my favourite destination, to unwind and catch up on sleep!

My mantra is simple—do good work and surround yourself with happy people.

Dr Mohan Thomas is cosmetic and image enhancement surgeon, The Cosmetic Surgery Institute, Mumbai.