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Title: Embracing the Present: A Path to Reconnecting with Loved Ones and Inner Peace

Mr. X, a 65-year-old retired Cantonese chemist, finds himself overwhelmed by the worsening family stresses caused by ongoing conflicts with his wife, which have led his daughter to experience depression and move out.

"After being married to my wife for 30 years, it's become evident that we have very different personalities," Mr. X shares. "She is aggressive and domineering, while I tend to be laid-back. Her constant criticism for not doing enough has taken a toll on me. Whenever she gets angry, I retreat into silence." "When she becomes agitated and aggressive, I find myself needing to raise my voice just to make her stop," Mr. X explains. "I often wish there was a third party who could judge who is right or wrong in our arguments."

Mr. X is deeply concerned about his daughter, who is currently battling depression. "She becomes aggressive when approached, refusing to engage in any conversation with me," Mr. X worries about her future as she remains unemployed and lives in solitude. The health consequences of social isolation weigh heavily on Mr. X's mind. Mr. X expresses, "Should I continue supporting her? Will my support enable her current state? If I leave her alone, will she head down a detrimental path? How can I rebuild our relationship? Should I reach out to her friends or seek assistance from our pastor?"

Amidst his anxiety and depression, Mr. X experiences difficulties sleeping at night. He blames himself for the problems within his family and fears mishaps in the uncertain future. The recent motor vehicle accident involving his wife added to his annoyance and feelings of helplessness. "I am not happy with the situation, but it was imposed on me. I feel like I have no choice," Mr. X laments. However, he realizes that not accepting the present situation is contributing to his unhappiness.

Recognizing the need for a shift in focus, I guide Mr. X to redirect his attention to himself, finding inner peace to better navigate these challenges. I encourage him to live in the present, rather than becoming consumed by an unpredictable future. I suggest he surrender the future to God, understanding that the present is a gift from above. "God gives us the present, not the future. He can take back whatever we have in this moment." As a Christian, Mr. X felt reassured, and together, we embark on a journey of mindfulness and breathing awareness. By simply being present and accepting, he begins to experience a sense of calm.

I advise Mr. X that mindfulness is a practice to be cultivated and embraced. By focusing on the present moment and letting go of the worries and anxieties about the future, he

can discover a path to reconnecting with his loved ones and finding inner peace.