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Cate Blanchett

How the Queen of Hollywood has blazed her own trail

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Balm for being burnt-out

A luxury Thai retreat that offers treatment and tranquillity
COURTESY Balcony Media Group



Without dislocating professionals from their workplace, there is no way they can focus on letting go of their baggage



MEDIA SERVICES PHOTOFILM (THE DAWN/BALCONY MEDIA GROUP)



The Dawn – which is a rehab and wellness centre located in a serene, secluded, natural setting in northern Thailand – has introduced a new therapeutic programme. It caters to people dealing with stress and depression, caused by overwork and pressure, to help them perform better at work.

“In this day and age, everybody is getting busier. It’s as if we are all working 24/7,” said Tony Tan, Clinical Manager at The Dawn Medical Rehab and Wellness Centre. “So many of us are working in competitive professions that require longer hours and greater results. And with smartphones being the norm, we are expected to work anywhere at any time,” he added.

Tan explained that feeling burnt-out is a state of mental, physical and emotional exhaustion, caused by prolonged and excessive stress. Behavioural signs range from abandoning responsibilities and social isolation to venting frustration on others, while symptoms include substance abuse, insomnia, depression and other mental health issues.

A Singaporean psychologist who has been at The Dawn since it opened last year, Tan was instrumental in designing the centre’s

Executive Burnout programme. Catering for up to 20 clients at a time, The Dawn also provides treatment and counselling for those fighting addictions such as drugs, alcohol, sex and gambling.

The centre also runs an effective trauma management programme for those who suffer from PTSD. The ‘mind body wellness programme’ incorporates comprehensive therapy, life coaching, stress management, fitness, Thai boxing, massage and spiritual activities, such as yoga and meditation.

“Without dislocating professionals from their workplace, there is no way they can focus on letting go of their baggage,” said Tan.

An average day of the Executive Burnout programme at The Dawn begins with a 45 minute yoga session followed by a wholesome breakfast, which is served buffet style in an open-air sala designed like a Buddhist temple. The group then breaks up into indi-

vidual mindfulness or meditation lessons before each client does an hour of gym or fitness with a personal trainer.

After a group lunch, a counsellor may offer some advice about managing stress, setting priorities and self care. Then it’s a one-on-one with a counsellor or psychologist followed by a massage. In the evenings, the

group may practise yoga or even go on an excursion to see Chiang Mai’s sights and experience Thai culture.

“The Dawn is perfect in terms of its location,” said head clinical psychologist Lelani Walters. She elaborated: “It assists clients with recovery in many forms, not only primary care but also allowing them to experience nature and culture, thus ensuring a holistic approach to treatment instead of focussing only on detox and abstinence.”

Situated on the west bank of the Ping River, The Dawn is about 20 kilometres south of Chiang Mai. Surrounded by rice paddies and a rainforest, it is perfect for tranquillity and peace of mind.

“Don’t be afraid to seek help. It doesn’t mean you are sick or weak – simply that you’re trying to improve yourself so you can move forward to a balanced and happier life,” concluded Tan, on an encouraging note.