

Ruhi's Quiet Storm

UNDERSTANDING SCHIZOPHRENIA



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Ruhi's Quiet Storm

Understanding Schizophrenia Through Ruhi's Journey

Ruhi was a 25-year-old software engineer with a promising career.

Her life looked perfectly normal.



Ruhi, your code fixed the whole system crash!



Just another bug defeated!

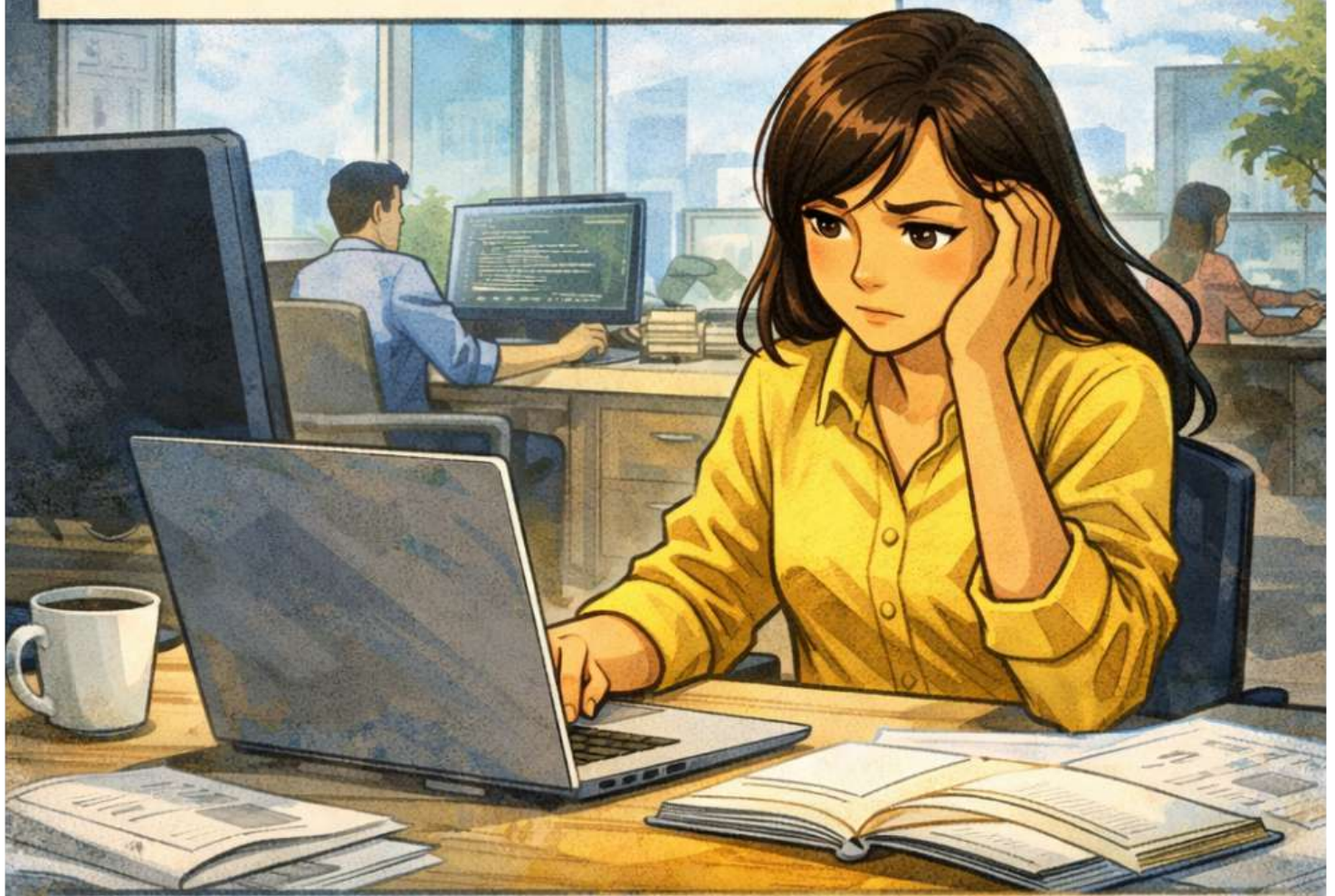
Weekend trip, guys?



I'm in!

But slowly, something began to change...

Ruhi found it harder and harder to concentrate.



My thoughts feel so tangled...

Ruhi, this module usually takes you two hours. It's been two days.



I...I just need a little more time.



Ruhi began avoiding people.

She withdrew from her colleagues and friends.



They don't want me around...



I don't want to talk to anyone.



She started avoiding friends and family members. She did not reply to their messages unlike her previous self.

Suspicious Thoughts



Is this a secret plan?

They're trying to get me fired!

She was feeling that something uncanny and sinister was happening, which was somehow directed at her. She did not know what or how, but she was sure.



Hearing Voices

Ruhi...

We're here...

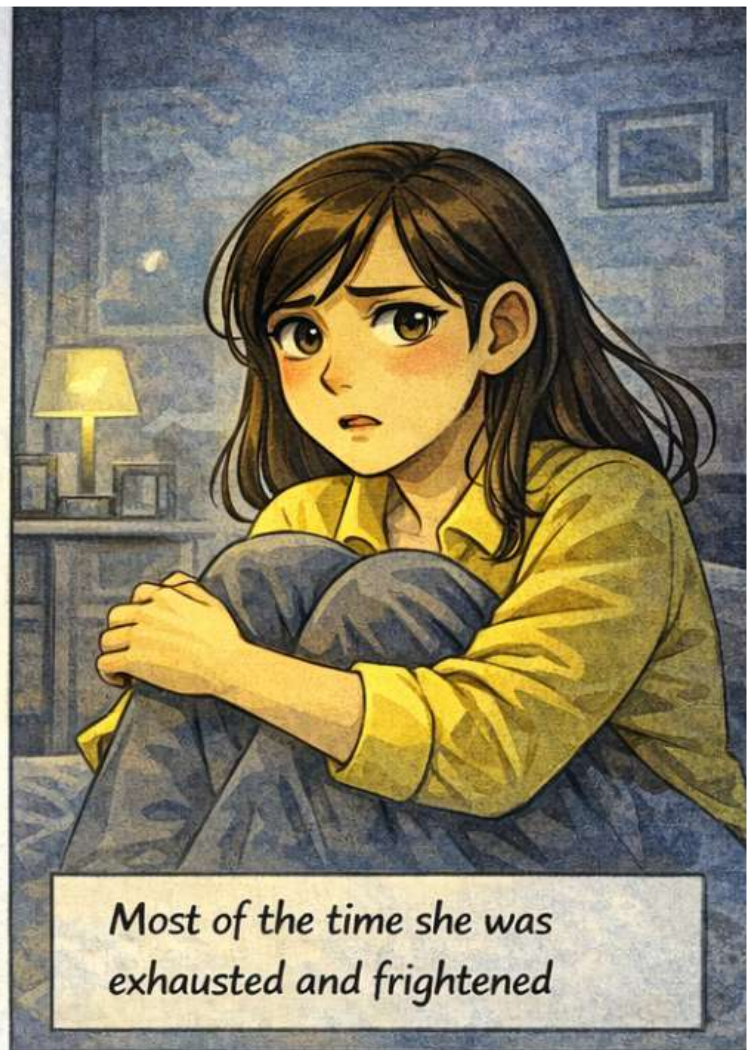
You can't
trust anyone...

When she was all alone with no one around her vicinity she started hearing disembodied voices. This made her very fearful. She searched for the source of the voices but could not locate it.

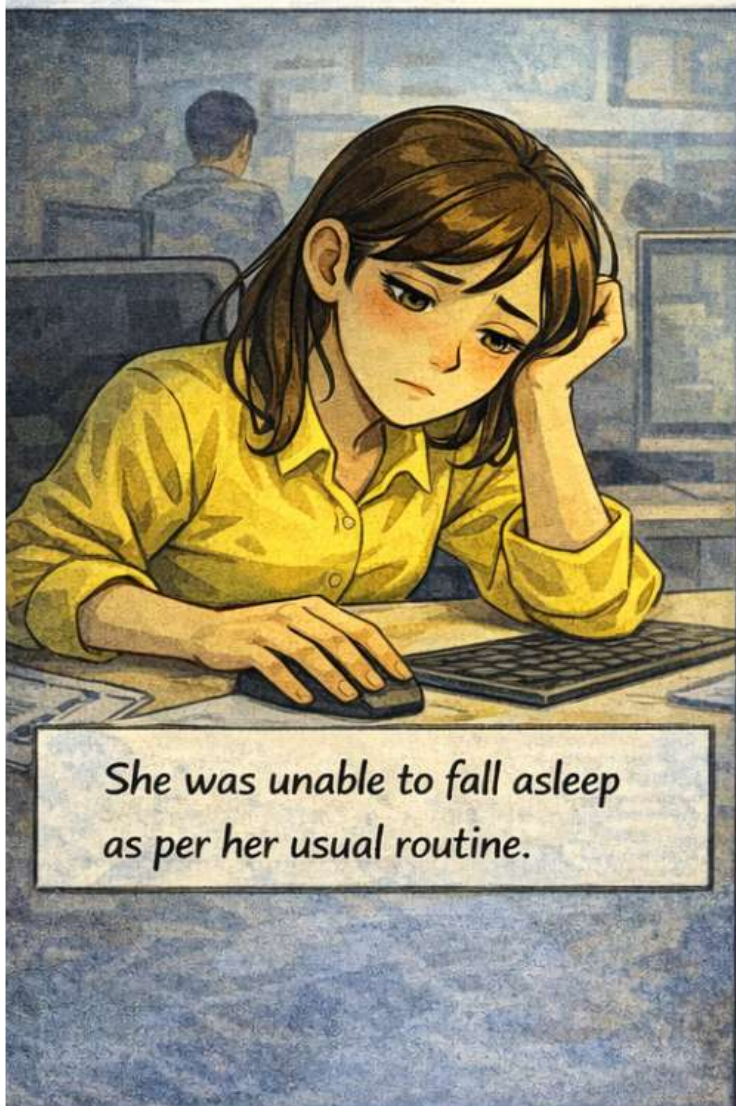




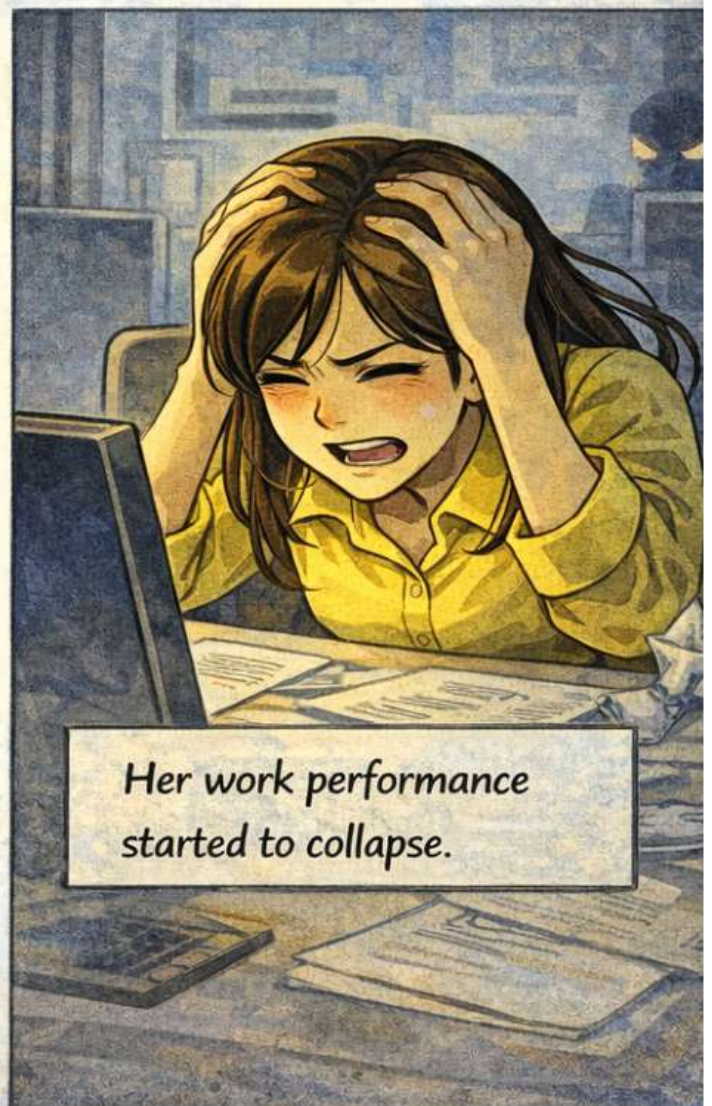
*She was unable to fall asleep
as per her usual routine.*



*Most of the time she was
exhausted and frightened*



*She was unable to fall asleep
as per her usual routine.*



*Her work performance
started to collapse.*

Workplace Crisis

Ruhi, you missed another deadline, what's going on?



She started missing deadlines & making frequent mistakes.

I'm sorry... I'll fix it...



Her manager was growing worried.

They're planning against me...



Coworkers noticed she was acting strangely.

They're trying to get me fired...



Ruhi began feeling increasingly paranoid at work.

Her romantic relationship started to deteriorate

You're in on it too, aren't you?!

Ruhi, please, you're not making sense! I'm trying to help you!

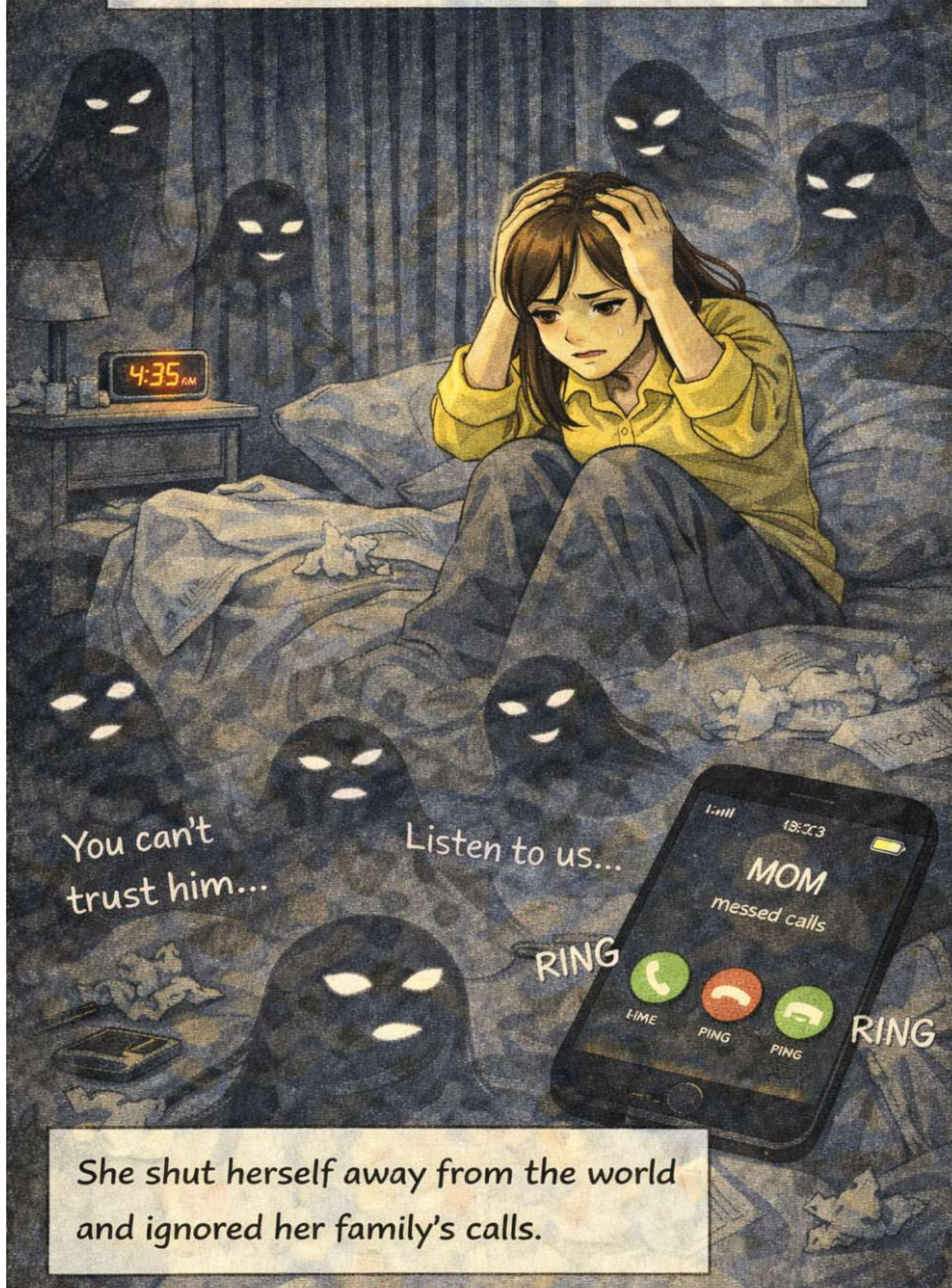
You can't trust him...

Get away from me! Just leave!

Listen to us



Complete Social Isolation



You can't
trust him...

Listen to us...

RING

RING

She shut herself away from the world
and ignored her family's calls.

Her Father Intervenes

Ruhi?

Her father came to check on her after she shut herself in her room.

We need to get you help, please come with me.

He found her in a disordered and distressing state.

I'm taking you to the doctor, it's going to be okay.

With gentle persuasion, he convinced her to seek help.

He took her to see a psychiatrist.

Psychiatric Evaluation

Ruhi, can you tell me about the voices you've been hearing?



Doctor, she's not been herself.
She barely eats, doesn't sleep,
and distances herself from every.



The psychiatrist gently assessed her, listening to her symptoms and her father's observations.

I can't get rid of them,
they won't stop...



You're doing the right thing
by getting help. We're here
to support you.



Understanding the Symptoms

Hallucinations



Hearing or seeing things that aren't there.

Delusions



Strongly held false beliefs that are not based in reality.

Disorganized Thinking



Trouble organizing thoughts or connecting them logically.

Functional Decline



Decline in daily functioning, self care, and social interactions.

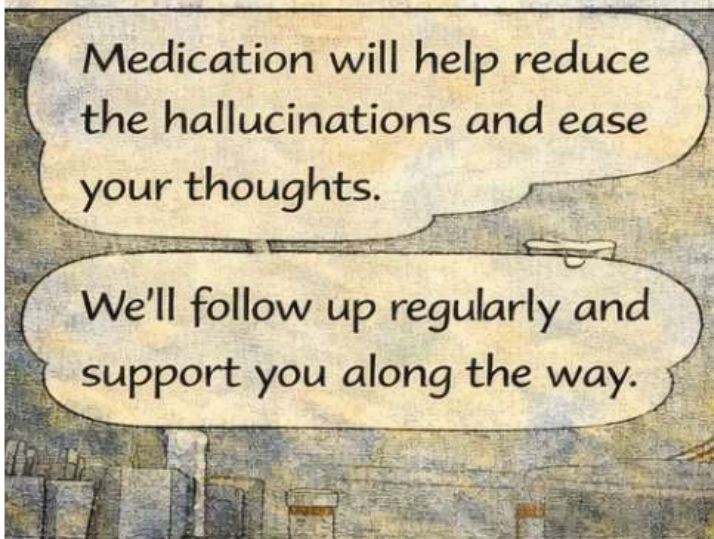
Beginning Treatment

Ruhi, you have a serious mental health condition, but with proper treatment, you can get better.



Medication will help reduce the hallucinations and ease your thoughts.

We'll follow up regularly and support you along the way.



I-Is it really going to help me?



Yes, many people with your condition improve a lot with treatment.

We're here for you, Ruhi.
We'll get through this together.



Early Phase of Treatment



Psychotherapy and Coping Skills

Ruhi, let's practice some strategies for coping with the voices.



Ruhi...

they're watching.



These voices aren't real.
I'm safe and in control.



Reality Testing

Remind yourself what is and isn't real.

I'll play some calming music and focus on my breathing.



Stress Management

Use calming activities to distract yourself.

Psychotherapy and Coping Skills



Reality Testing

Remind yourself what is and isn't real.



Stress Management

Use calming activities to distract yourself.

The psychiatrist and the clinical psychologist helped Ruhi get better.

Family Psychoeducation

Schizophrenia is a complex mental illness that affects how a person thinks, feels, and behaves.



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- Medication
- Therapy
- Stable Routine



Important Ways to Support Ruhi:

- Make sure she takes her medication
- Encourage a regular daily schedule.



Family involvement is key to Ruhi's recovery and well-being.



Family involvement is key to Ruhi's recovery and well-being.

Psychosocial Rehabilitation



Building a Structured Routine:
Ruhi sticks to a daily schedule with her parents' support.



Social Skills Training:
She practices conversations and learns to manage social interactions.



Regaining Confidence:
With support, Ruhi gradually regains confidence as she volunteers part time at a local store.



Rebuilding Her Social Life:
Ruhi reconnects with friends and enjoys outings again.

Living a Meaningful Life with Treatment



Ruhi works and sets personal goals while managing her mental health.



She enjoys close family bonds and is active in her community.



She finds purpose and fulfilment in helping others.



With ongoing support, she lives a satisfying life with hope for the future.

With proper treatment and support, people with schizophrenia can live full and meaningful lives.