

A Safety Net for Mental Health

Edit and Issue

HOKENDOHJIN- FRONTIER, Inc.

Human Frontier Counseling Center
4F Aoyama 1-Chome Tower, 1-3-3,
Minami-Aoyama, Minato-ku, Tokyo
107-0062, Japan
Tel: 03-6747-6250

Schedule a counseling appointment

☎ 0120-783-744

Office hours: (excluding holidays)

Monday through Friday 10:00~20:00

Saturday 10:00~18:00



E-mail :

sodan@humanfrontier.co.jp

※We will reply to you within two business days
after receiving your message.

©2016, 2024 HOKENDOHJIN-FRONTIER Inc.



You can also schedule a
counseling appointment
through the LINE app.

(*Reservations only.

Counselings are not available on LINE.)



On your LINE app, tap "Add
friends" → Tap the "QR code"
icon and Scan the QR code above to
add it on LINE.

Or, tap "Add friends" → tap
"Search", choose "ID", enter
the LINE ID "@hfsodan" and tap
the search icon to add it on LINE.

How to cope with changes in the environment

One-third of the year 2024 has already passed. This season, the beginning of a new fiscal year, often comes with changes in work or study environment, and some people experience symptoms of so-called "May blues". The symptoms include poor physical condition, decreased motivation, pessimistic feeling and/or melancholy. We, counselors, often receive clients who experience difficulties in returning to work after the consecutive holidays, "Golden Week".

Spring is a season of significant changes in the environment, such as entrance into school, joining a company, and personnel changes in the office. Adjusting to a new school or to a new workplace can disrupt the rhythm of daily life, such as wake-up time, which would bring about a stress. Further, changes in the environment necessitate establishing new inter-personal and/or business relationships with many people, which would burn us out without realizing it. Even those who welcomed the new fiscal year with positive expectations and enthusiasm may be stressed out by the gap between their ideals and reality- "I cannot learn how to do my new job as well as I hoped" and "I cannot get used to my new workplace." This stress brings many people into "May blues."

For those who experience this kind of stress, the Golden Week (consecutive holidays in the end of April through early May in Japan) is their first extended holiday after significant changes in their environment. It provides a valuable opportunity to relax their minds. However, once the holiday is over, one must confront the reality that tough days will continue, which can result in a health problem. Moreover, an extended vacation offers a chance to ease the tension that drove you to work hard in order to produce results. Thus, you may have a similar phenomenon after a summer long vacation and year-end and New Year holidays.

When accumulation of stress becomes so much as to exceed the physical and mental capacity to adapt, various symptoms will appear, including May blues. As the conditions may not be recognized by the persons themselves, it is important for the people around, family and friends, to catch the sign and help them take restorative actions. It is crucial to effectively manage stress on a daily basis in order to prevent these symptoms.

Here are some tips that can help you cope with stress.

- Try to view challenges as opportunities for your growth, rather than solely focusing on the negative aspects.
- Share your negative feelings and frustrations with someone, instead of trying to deal with them alone.
- Accept the fact that failures are natural phenomena in a new job or in a new environment. Relax and stop being a perfectionist.
- Learn some stress coping skills that work for you.
- Do not work too hard to do all by yourself. Ask for help when you find it difficult to handle your task.

Get enough sleep, eat well, and use these tips in order not to accumulate stress.

Counselor's Oasis

I recently went to get a massage treatment, and the practitioner told me my calf muscles were very tight. After that, I started to use a foot massager that I had bought some time ago but rarely used. I now use it every night before going to bed, and it makes me feel very comfortable and relaxed just in about 10 minutes. Further, the muscles have softened, and my legs no longer feel tired, probably because my circulation has improved. The calves are often referred to as the second heart. To relieve your calf muscles, self-massaging in the bathtub is another effective way, so do give it a try.