


# 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

 0 1 2 0 - 7 8 3 - 7 4 4

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 maintain healthy relations with Social Networking Services

Because social networking services, or SNS, have become so ordinary to our daily lives, there must be many who have fallen asleep while browsing SNS.

While SNS is handy as a source of information, they have come to contain rampant misinformation due to the recent development of AI. Furthermore, excessive use of SNS can have various adverse effects on our mental health.

According to the studies by the University of Pittsburgh and the University of Pennsylvania showed that, on an average, the study participants spent 61 minutes per day on SNS, 30 times per week; and that highly frequent users were 2.7 times more likely to develop depression than low frequent users. The studies also found that limiting the daily usage of Facebook, Instagram, or Snapchat to 30 minutes reduced depressed feelings or feelings of loneliness. The studies also showed that SNS sites that enable users to see faces of other users or that contain positive interactions would likely to bring about beneficial effects on the users' mental health, while those that allow a high degree of anonymity, and a lot of leeway can pose the adverse effects.

At the time of the Noto Peninsula Earthquake in January this year, some SNS users felt helpless thinking "everyone is taking various actions, but how about me?" It is true SNS is convenient, but excessive use can lead to dependency and undermine self-esteem.

Here are some tips for avoiding negative effects of using SNS:

1. Limit the time of using SNS. It is said to be best to keep it around 30 minutes a day.
2. Stop checking how many followers you get. Remember that you are not defined by the number of "likes" you get.
3. Schedule regular breaks from SNS. If you get anxious about unread messages or notifications, make time to be away from SNS.
4. Be mindful why you use SNS. Use it purposely.

We benefit from SNS, such as collecting information to deepen our knowledge and expanding our personal networks. However, being overwhelmed by outpouring information can lead to anxiety or to negative effect on our self-esteem.

It is important to get advantage of social media by setting a healthy boundary with SNS maintaining a mindset that "I am perfectly fine as I am", instead of comparing with others.

## Counselor's Oasis

For more than 20 years, I have played in a community softball team two to three times a month on Sundays. After practice sessions, I chat with the teammates with various professional backgrounds.

We talk on a variety of things: our games, current topics, illness, elderly care, and more. Interacting with people of all ages with no conflict of interest helps me forget about unpleasant things and welcome the coming week. I really feel that amicable conversation on such occasions helps me refresh myself. How about you?