


A Safety Net for Mental Health

Edit and Issue


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Schedule a counseling appointment

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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.

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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
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“Search”, choose “ID”, enter
the LINE ID “@hfsodan” and tap
the search icon to add it on LINE.

What makes your work meaningful?

What do you find meaningful at your work? It is very important for workers to find meaning at their work, because it makes their job rewarding and interesting. It also makes workers feel their job worth efforts and hardworking. The contributing factors to make a job meaningful vary by individual worker, but recent research has identified four main categories of the factors as follows.

		Self-oriented	
Communality	Relevance to one's identity Persons find a meaning at work when they are authentic while performing their job.	Individualization Persons find a meaning of work in themselves.	Individuality
	Integration Persons find a meaning of their work in the others or organizations who have common values.	Contribution Persons find a meaning of work in the others or organizations.	
		Others-oriented	

The first category is “individualization.” Workers find their work meaningful when they can work autonomously or can feel their existence value in the organization. Workers who demonstrate fully their abilities at their work and have a sense of personal growth are more likely to find this type of meaning at their work.

The second category is “relevance to one's identity.” Workers find their work meaningful when they know their “authentic self” aligns with their work and the organization. Those who consider their work as their calling will find this category fitting.

The third category is “integration.” Workers feel their work meaningful when they find the value system of their organization very important and get a sense of belonging to that organization.

The fourth category is “contribution.” Workers recognize a substantial value in contributing to the others and/or the organization.

There is no priority for these four categories of meanings of work. I would suggest that you use them as a reference material for doing your work, considering your own values and the characteristics of your work.

Counselor's Oasis

The other day, I walked from my house to the railway station looking for something blue. I was surprised to find a lot of blue things that which I usually had not paid attention to, such as buildings, advertising displays, signs, flowers, the sky reflected on the glass windows of a house, and even trash on the ground. I didn't count all of them, but I think I could easily spot as many as 50 blue things.

The blue color hunt is a kind of my mindfulness practice. Many people may associate mindfulness with meditation, but it doesn't have to be a meditation as long as you concentrate on “here and now”. However, you must be careful when you practice mindfulness while walking outside for it can be a little dangerous. You may find yourself absorbed so much that you almost bump into someone or trip on a step. (laughs)