


A Safety Net for Mental Health

Edit and Issue


HOKENDOHJIN- FRONTIER, Inc.

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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
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.

Enjoy the beauty of autumn foliage and refresh yourself!

The long summer heat has subsided, and the weather has become pleasant. How are you spending this autumn? It would be nice to go a little further away from home and enjoy nature.

While "momijigari (autumn leaf hunting)" was celebrated in numerous ancient Japanese waka poems, it gained popularity among the general public during the Edo Era. It is believed that venturing into hills and fields during autumn to admire the red and yellow foliage has the following effects:

1. Release stress

Autumn foliage is represented by the colors red and yellow. Red evokes positive feelings and boosts motivation, while yellow uplifts the mind and brings joy.

2. Stabilize the mind

Being exposed to sunlight and admiring a beautiful view rejuvenate the brain stimulating the secretion of the neurotransmitter "serotonin." Serotonin, also known as the "happiness hormone", functions to stabilize feelings and emotions.

3. Improve muscle strength

Walking in nature helps strengthen your leg muscles. Strolling while enjoying the beautiful autumn leaves would amount to a substantial workout.

4. Improve the quality of sleep

You will be able to relax your body and mind and achieve a quality sleep at night.

It is wonderful to visit well-known autumn foliage spots and enjoy the stunning scenery. However, even if you do not visit a famous location, you can appreciate a touch of autumn foliage in the parks, or in the gardens of shrines or temples of your neighborhood.

For those who are unable to go out, an online tour of the autumn leaves is a good alternative. By searching online, you can admire the beautiful autumn foliage in various locations across Japan. Let's savor the essence of autumn.

Counselor's Oasis

I visited Canada a long time ago in the middle of the autumn foliage season. The leaves of all the maple trees in the town were bright red, and the trees were tall with large leaves, creating a spectacular sight. When I asked a Japanese person who had been living there for many years, he told me, "In Canada, the leaves change color all at once, to red or yellow. There is no particular tradition of enjoying autumn leaves like in Japan." Seeing the fallen leaves that were bigger than the palm of my hand, I felt that perhaps we are attracted to the delicacy of Japanese autumn leaves.

I renewed my attachment to the Japanese long-standing life style in finding joy in nature, such as hanami (cherry blossom viewing) in spring and momijigari in autumn.