


# A Safety Net for Mental Health

## Edit and Issue


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## 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.

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

(\*Reservations only.

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## Resilience

### Happy New Year!

Last year, we were inspired by the remarkable performances of athletes at the Olympic and Paralympic Games, as well as in Major League Baseball games. This year promises more excitement, with major events on the horizon such as the FIFA Club World Cup, the World Athletics Championships Tokyo, and the return of Shohei Ohtani's two-way career in MLB.

Athletes often face injuries and performance slumps. Luck can also influence outcomes, and not all efforts lead to desired results. They may also be subjected to slander. The ability to recover mentally and navigate such challenges is known as "resilience."

It is said that resilience consists of "innate factors" (optimism, emotional regulation, vitality, and sociability) which relate closely to the inborn temperament and "acquired factors" (solution-orientation, self-reflection, and compassion) which can be acquired through one's development. Acquired factors are described as "the ability to recover from the stressful situation with understanding on own emotional state and the will to solve the problem through deepening compassion toward self and others." (Hirano, 2010). In my opinion, the process of counseling helps clients develop and demonstrate resilience.

Mindfulness meditation is also considered effective in enhancing resilience, and studies conducted in Japan have confirmed this. Furthermore, resilience tends to improve with age, which was observed in a survey of over 10,000 Japanese individuals. It seems that resilience can be enhanced through various methods.

Resilience is not just referred as human psychological characteristics, but is also used, in the fields of disaster management and environmental issues, to describe an ability to recover and the strength of societies and organizations faced with disastrous emergencies. As we start the new year, I hope that the lives, environments, and spirits of those affected by wars and disasters around the world will recover as quickly as possible.

### Reference:

Hirano, Mari (2010), *A Study of the Classification of Resilience Factors: Development of the Bidimensional Resilience Scale (BRS)*, The Japanese Journal of Personality, vol. 19, Issue 2, pp.94-106

## Counselor's Oasis

I started plogging last summer. Plogging is picking up trash while jogging, a fitness activity that originated in Sweden. You can enjoy it by joining a plogging group or you may prefer to do it alone at your own pace. It's more uplifting than regular jogging because I feel good about making a small contribution to society while getting fit.

If you like walking or jogging, I highly recommend giving plogging a try!