


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



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

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You can also schedule a
counseling appointment
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Let's reflect on how well you are taking care of yourself

I believe that many people had a long vacation over the New Year period leading up to 2025. However, not everyone did enjoy the vacation. Many reported disruptions to their eating habits and sleeping patterns, and some even caught infectious diseases due to the changes in their usual lifestyle.

Once the rhythm of your daily life is disrupted, it can be challenging to return to your regular one. Fatigue tends to build up gradually, leading to an increase in careless mistakes. Why don't you review how well you are taking care of yourself on this opportunity? While diet, sleep, exercise, and mental well-being are all important factors, let's focus on our eating habit to get started.

(1)Balanced diet incorporating healthy ingredients "Ma-Go-Wa-Ya-Sa-Shi-I"

"Ma-Go-Wa-Ya-Sa-Shi-I," which means "Grandchildren are kind," is an acronym that helps people remember healthy ingredients in Japanese cuisine. Each letter stands for a specific ingredient:

Ma for "mame" (beans), Go for "goma" (sesame seeds), Wa for wakame and other seaweeds, Ya for "yasai" (vegetables), Sa for "sakana" (fish), Shi for shiitake and other mushrooms, I for "imo" (potatoes)

Remember to include these ingredients in your meals to ensure a balanced diet.

(2)Chew well when you eat

It is recommended to chew each bite 30 times. Counting can become tedious, so try repeating three times, in your mind while chewing, a 10-letter phrase (in Japanese) such as "Arigatou gozaimasu" (Thank you) and "Oishiku itadakimasu" (I'm enjoying this meal), or a phrase in English that you think goes well with chewing. Chewing thoroughly promotes digestion and nutrient absorption. Additionally, it stimulates the satiety center, helping to prevent you from eating too quickly or too much.

(3)Hydrate yourself

An adult woman typically loses about 1.5 liters of fluid from her body each day. Insufficient fluid intake can lead to various health issues, including poor regulation in body temperature, impaired blood circulation, and decreased metabolism. The optimum fluid intake per day can be estimated by multiplying your body weight in kilograms by 35 milliliters fluid. It is important to note that beverages containing caffeine, sugar, and alcohol do not contribute to hydration.

(4)Eat seasonally as much as possible

Seasonal foods are highly nutritious and rich in umami flavor. For example, winter ingredients help to warm the body, while summer foodstuffs are effective in preventing fatigue during the hot months. These seasonal foods are packed with nutrients that help maintain balance in our physical condition according to the season. Not only are they delicious, but they also benefit our health, making them a great choice. It is also enjoyable to eat these foods to truly experience the essence of each season.

Self-care is essential, yet it is something we often overlook. Why not take this opportunity to review your daily diet? If you are interested in exploring other self-care options, please feel free to reach out to our counseling services!

Counselor's Oasis

Since the end of last year, all of my family members but myself got COVID-19 and subsequently the flu. I was lucky not getting sick, but I was so busy with hospitalization procedures and caring for my family that I didn't have time to pay attention to my own diet or sleep. While my family members have all recovered, it was very difficult to help them resume their regular sleep routine.

With things calming down a bit, I realized I had completely neglected taking care of my own well-being. Therefore, I have decided to make self-care the central theme of this essay—because health comes first!