


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.

What should you do when you want to cry, but you can't?

There are many different types of crying: tears that flow slowly, tears that spring forth suddenly, bawling out of frustration, and crying with joy.

I often hear people say they feel refreshed after crying or that they sleep soundly after crying their hearts out. I can relate to this, especially when I watch a TV drama or movie that makes me cry in the middle of the night.

Crying can provide stress relief and relaxation effects. Tears contain cortisol, a hormone that reduces stress but can also negatively effect on both mental and physical health. Therefore, crying can help detoxify the body by expelling this so-called stress hormone. This process alleviates both physical and mental tension, so you may feel refreshed after crying.

Many people often say things like, "I really want to cry, but I can't," or "As soon as I get almost crying, the urge to cry recedes." It can be incredibly painful to feel the urge to cry and yet unable to shed tears. This struggle is something we often hear during counseling sessions.

What does this mean? If you are unable to shed tears, it maybe indicates that your mind and body are not functioning properly, your emotions are being suppressed, or your autonomic nervous system is out of balance. It is often said that in the hustle of daily life, we can forget the act of crying. Please be aware that this is a sign that you are enduring excessive stress.

When you find it difficult to cry, please do not suppress your emotions and be kind to yourself, telling you that it is okay to shed tears. Please try to share your feelings and emotions with someone you trust. Many people have found that voicing their feelings helps them cry and feel lighter. If there is not anyone you can talk to, please contact our counseling office.

After crying, I recommend you gently wrap your face with a hot towel.

Counselor's Oasis

I have become addicted to watching live comedy shows. It all started when I wanted to see a show in person, even if just once. How fun it is to laugh out wholeheartedly! You can laugh freely without being self-conscious, as the comedians really know how to make you laugh. I try to see a comedy show live every few months, getting a seat closer to the stage, little by little each time.