


# 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.

Counselings are not available on LINE.)



On your LINE app, tap "Add  
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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.

## Taking photos with your smartphone makes your walking more fun

In April, we typically have more sunny days, thus more opportunities to go outside. I want to introduce a way to enjoy and maintain your walking habit, that is a most accessible method for staying healthy.

Specifically, I recommend you take photos with your smartphone when you go walking. If you find walking enjoyable, you can maintain walking habit easily.

- During each walk, try to take five photos at least. As you gather more images, you can discover what you take an interest in, which would motivate you to learn the topic further.
- The sky, clouds, sunrises, and sunsets are excellent shooting objects. You will never be tired of them as they look different every time you see them.
- Local parks are perfect for photography, especially during this season when many flowers are in bloom.
- Bridges and riverbanks are also great subjects. Depending on the season, there will be a lot of movements in the area, such as various waterfowls and boats passing by.
- If you have a commuter pass, take advantage of your days off to walk around all the stations covered by your pass. You will discover many new things that you may not have noticed before. As you walk, consider taking photos of signboards around the town. You may find some great shops worth visiting, too.

Stated below are some tips for walking that you can try.

### •Increase your walking speed (brisk walking)

Harvard University conducted a study on the relationship between walking speed and healthy life expectancy. It found that people who walk at a speed of 3.2 to 4.8 km/h tend to have a healthy life expectancy that is 1.9 times longer than those who usually walk slower than 3.2 km/h. Furthermore, those who walk at a pace of 4.8 km/h or faster have a healthy life expectancy that is 2.68 times longer. Why not increase your walking speed occasionally?

### - Stand on one leg.

According to one theory, standing on one leg for one minute is comparable to the load you get from a 50-minutes walking. In a sense, walking can be viewed as a continuous act of standing on one leg. If you feel that walking for 50 minutes is too much of a hassle, or on a rainy day, consider standing on one leg for just one minute. This activity is easy to do without needing to change your clothes or going outside.

As spring begins, please refer to these tips when enjoy walking.

If you have any health issues or pain in your lower body, please avoid pushing yourself too hard.

## Counselor's Oasis

Every night, I read an easy book with big print before getting to sleep. I specifically read senryu (satirical haiku) written by office workers, as well as waka and haiku poems. Below, let me introduce some heartwarming poems.

(1)Viruses vary, just as the instructions from my boss do.

(2)As I peel a boiled egg, it shines even in this hazy weather during cherry blossom season. (by Teijo Nakamura )

Unfortunately, the weather is cloudy, which is disappointing on this spring day meant for an outing. However, as I peel a boiled egg, I notice how shiny and beautiful it is. This poem captures the joy found in the small things of everyday life.

(3) Warmth—knowing you are there to respond "Indeed", when I say, "It is cold." (from Salad Anniversary by Machi Tawara )

This poem warms my heart because I find it relatable with dialogues in counseling.

Reading in bed is my routine to relax my mind and fall asleep comfortably.