A Safety Net for Mental Health

Schedule a counseling appointment

📞 0120-783-744

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.

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 is Self-efficacy?

Spring is a time when the desire to start something new flourishes, much like the sprouting and growth of trees. However, there are moments when we hesitate to take the first step toward a challenge feeling unsure of our ability to succeed. Self-efficacy, or "jiko kouryokukan" in Japanese, refers to the confidence in your ability to perform a specific task well. When you have a strong sense of self-efficacy, you are more likely to take action, more willing to exert yourself to succeed, and more persevering in the face of failures and difficulties.

For instance, when people set goals on something like diet or muscle training, those with a high level of self-efficacy are more likely to eagerly pursue these goals. Even when they are tempted to give up after a few days, they can adjust their mindset and think, "I'll do what I can," which ultimately increases their chances to achieve their goals.

In this way, self-efficacy is an important factor that significantly affects a person's behavior and achievement. The two major ways to enhance self-efficacy are "success experiences" and "vicarious experiences."

Success experiences mean that you actually attempt something and succeed. By accumulating small experiences of "I did it," you gradually build up the confidence to pursue larger goals. Vicarious experiences involve observing your model, who is considered to share your characteristics, such as gender, age, occupation, or position, performing a task quite well. This observation let you think that you also would be able to perform a similar task successfully. There must be many who watch videos on social media and think, "I could do that too," and actually try it themselves and succeed in the process. If you want to try this in a more familiar setting, observe the positive qualities of someone in your workplace and imitate their behavior. This would help you perform your job better, thus enhancing your self-efficacy.

The concept of self-efficacy is applicable to many areas of life, i.e., work, health, and lifestyle habits. Instead of giving up, thinking "It will not work out anyway," why not be aware of your self-efficacy and take on challenges. Pursuing your individuality, such as studying for a business-related qualification or making significant lifestyle changes, will enrich your life.

Counselor's Oasis

My routine is taking care of my gut's health. Serotonin, often referred to as the "happiness hormone," is produced in the brain only 5% of its entirety, the remaining 95% is actually generated in the guts. To promote serotonin production, it is essential to keep healthy condition of guts through specific practices. Maintaining healthy condition of guts not only helps prevent depression and regulate the autonomic nervous system, but also is positively related to beauty and keeping youthful appearance. My daily routine includes: 1. Drinking a glass of warm water in the morning; 2. Eating a nutritious breakfast at a same time every day; 3. Doing breathing exercises to stretch the guts; and 4. Massaging my abdomen every day to stimulate the function of guts. By incorporating these practices, I aim to maintain both my mental and physical well-being.