


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.

Do you sleep well every night?

Are you sleeping well?

Since I started working as a counselor, I have had many opportunities to listen to the stories of various clients. It is really amazing that so many clients complain, "I'm having trouble sleeping."

In fact, it is said that one in five people in Japan report sleep problems. Poor sleep can cause day-time fatigue and negative effects on both mind and body.

Aromatherapy is supposed to be effective when you cannot sleep well. Why is aromatherapy recommended for improving the quality of your sleep? Because our sense of smell is closely connected to the brain, and a scent is caught directly by the brain, and then transmitted to the entire body.

The scent of the essential oils used in aromatherapy also affects the autonomic nervous system and the immune system, thus helping to restore balance of mind and body. Inhaling calming scents activates the parasympathetic nervous system, making it easier to fall asleep.

To sleep comfortably, the aroma of "relaxing" types of essential oils—those that help to calm the mind—are especially recommended. You may have heard the names of such as lavender, chamomile, bergamot, or sandalwood. Using them while taking a bath can also be very effective. Why not give it a try?

In order to sleep well, other strategies are also necessary. It is important to have a regular life rhythm and relaxing habits, as well as to improve your sleeping environment. For restful sleep, please try to create comfortable sleeping environment by finding aroma and methods that work best for you.

Counselor's Oasis

At the beginning of this year, I quietly made a resolution: "This year, I will focus on relaxation and enjoying life." However, the reality is that I still have not been able to truly enjoy life.

It may have something to do with my tendency to stay home and avoid hassles. But recently, I finally got myself moving and planned an overnight trip with my four dogs. I am really looking forward to it now.

That said, I do wonder whether traveling with four dogs will actually help me relax!