

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

 E-mail :
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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
through the LINE app.

(*Reservations only.
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Let's cope with the lingering heat just a little more!

September is in the fall according to the calendar, but the lingering heat continues. How are you coping with it? In fact, many people feel under the weather during this time, which is often referred to as "September blues."

<Major Symptoms of September Blues>

Mental conditions	Physical conditions
• Feeling depressed • Feeling unmotivated • Irritated • Difficult to concentrate	• Feeling tired • Loss of appetite • Headache, stiff shoulders, dizziness, tinnitus • Can't sleep

The factors contributing to September blues are considered as follows:

1.Fatigue from summer: Disruptions of life rhythms due to the long vacation and accumulation of fatigue from the intense summer heat.

2.Seasonal changes: The shorter daylight hours, the large temperature differences between day and night, and the changes in atmospheric pressure caused by typhoons or autumn rain affect the autonomic nervous system.

3.Changes in living environment: Stress from adapting to new environments, such as job transfers or role changes.

As for the point 2 above, there are large individual differences in the effects of atmospheric pressure changes to the health conditions. Those who have a sedentary lifestyle with little exercise like desk workers, or those with irregular sleep patterns tend to experience severer symptoms.

To cope with September blues, I recommend adjusting your daily lifestyle:

1.Set a consistent wake-up time: Wake up at the same time every morning and get some sunlight.

2.Have balanced meals: Have three meals a day at regular intervals, focusing on nutritional balance and eating moderately.

3.Appropriate exercise and taking a bath: Engage in activities like walking or indoor exercises while watching YouTube, and take a lukewarm bath. It is best to bathe one to two hours before going to bed.

First of all, it is important to be mindful of not getting too tired, as it is easy to get sick during seasonal changes. I hope you will successfully navigate through this hot September by practicing one or two of these lifestyles to prevent any health issues from worsening.

Counselor's Oasis

I am sensitive to changes in atmospheric pressure. I particularly notice it when a low-pressure system comes, or when I step outside from an air-conditioned building. The symptoms I experience most often are a feeling of ear blockage, and mild dizziness at worse times. To take care of my condition, I usually take a bath, not only taking a shower. In addition, I do some stretching and a light exercise while watching YouTube, and I also use over-the-counter moxibustion treatments. Moxibustion in particular improves my blood circulation almost immediately, and it has been incredibly helpful.