

A Safety Net for Mental Health

Edit and Issue

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Schedule a counseling appointment

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Monday through Friday 10:00~20:00
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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
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The Importance of "Giving a meaning" and "Experiencing" in the Context of Expo 2025 Osaka, Kansai, Japan

Before the opening of the Expo 2025 Osaka, Kansai, Japan, there were many critical comments on social and mass media, such as "Isn't this a waste of taxpayers' money?" and "It is unclear what the Expo is trying to present." The significance of this Exhibition was not sufficiently communicated to us, thus leaving the fundamental question—"What is the purpose of the Expo?"—seemingly unanswered.

However, after the Expo opened, we hear more positive comments such as "I was impressed by the Grand Ring" and "I felt I caught a glimpse of the future." People tend to take a matter as a personal concern through actually experiencing the significance of it.

This phenomenon can be seen in the workplace, too. When a new system or a policy is introduced, if employees feel "I do not understand the reason of doing this", they would become hesitant to act and adopt a passive attitude. In psychology, a lack of making meaning is considered a major factor of decreasing motivation and increasing turnover. Especially, younger employees tend to quit their jobs soon if they do not feel "this is a meaningful work."

Then, how can we find a meaning in our work? It happens when we verbalize the purposes of our work, and further, when we can actually feel that the work is helping someone.

Consider an employee wondering, "Why am I making this document?" A simple explanation, "This document would make the client feel better," can improve the employee's work quality. Further, by witnessing the client's positive response, the employee would fully understand that his work is meaningful.

Furthermore, in fostering the sense of purpose in the workplace, it is also important to create "an easy place" for dialoguing and feedbacking, not only explaining purposes of a work. When employees feel safe to raise questions, they are more likely to find meanings of their work by themselves.

At the Expo, even without knowing the intention of the Exhibition, there was a moment when I felt, "I have just experienced a bit of the future" by simply roaming in the area. It is often difficult to convey significance of a matter just by explaining. We tend to take a matter as a personal issue by actually experiencing it.

In the workplace, too, employees would understand the significance of a new practice or a policy better if the new practice is introduced in a way as if they were actually having it.

Shifting from "being told to do it" to "doing it of my own will" requires a reason that resonates with the employee's mind. When the meaning of a matter truly sinks in, people naturally begin to take positive action. And that would be the very first step for producing the power to shape the future of the organization, wouldn't it?

Counselor's Oasis

Healed by "Kimo-kawa"

According to the official description, Myaku-Myaku is a mysterious creature born from the fusion of cells and water. The red part represents cells, which have the ability to divide and multiply. The blue part symbolizes "pure water," which can flow and change shape.

At first, it just seemed creepy. But after learning the meaning behind its creation and encountering it repeatedly, its "kimo-kawa"—gross-but-cute—appeal gradually began to grow on me. The movements and expressions of Myaku-Myaku are gentle and friendly. Now, this mascot has become a comforting and soothing presence to me.