A Safety Net for Mental Health

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.

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.

Have you lost touch with your emotions lately?

 It feels like just yesterday that I noticed the signs of autumn, and now the roadside trees on my way to the office are almost at their peak of autumn leaves. Autumn is often associated with art and sports. We often say we are deeply moved in such occasions as when we are excited in watching an intense sports games; when tears well up while seeing a play or a film; or when we are touched by the beauty of nature or a star-filled sky. This feeling of being moved is often accompanied by physical reactions like tears, goosebumps, or a warm feeling in the heart. But what exactly is this emotion we call *being moved*?

 According to the recent research, the feeling of being moved arises when you recognized your core personal value in the object. It has also been shown that our values affect how intensely we are moved. For example, someone who values family highly is likely to be strongly moved by a film that portrays family love. When you reflect on the occasions that you were deeply moved, you would find that the object of your deep emotion represented something you personally cherish. The values may include, in addition to family love, things you worked hard for, goals that you achieved, or beauty in itself. In this sense, the emotion of being moved can be said as the emotion aroused when we find something that aligns with our core values.

 When nothing seems to feel quite right, it may be a sign that your "antenna" for being emotionally moved has weakened. Or, you could have somehow lost touch with the values that you truly cherish.

 In such times, why not try to recall and re-experience the occasion when you were deeply moved in the past? By recalling the deep emotions of that occasion, you would probably reconnect with your core values. The exercise would help you clarify what matters most to you, and then, may nudge you to take your next step forward.

 This autumn, consider engaging in activities that help stretch out your emotional antenna. Whether it is viewing autumn leaves, watching a film, or enjoying a sports game, why not open yourself to experience deep emotions by engaging in whatever familiar to you and rediscover the source of your deep emotional response.

Reference: Juri Kato (2025) "*Kanjo wa nannotame? Kando wa nannotame? (Why do we have emotions? Why do we feel moved?)*"
Psychology World, vol. 109, April 15, 2025 issue, The Japanese Psychological Association

Counselor's Oasis

My annual mountain climbing this year was my first attempt at Mt. Tateyama, which is referred in the areas as a place for an excursion of elementary students. However, with my grip strength still compromised from last year's injury, I wasn't able to use my trekking poles well. By the time I started the descent, my arms were shaking too much to hold the poles steady. When we reached a snowy slope, I decided to emulate the children and slid down, treating the field like a giant slide.
That burst of joy and exhilaration was deeply moving. I even slid down the next snowy slope with my hands raised. In letting go of embarrassment and concern for what others might say, I unexpectedly found a simple, forgotten kind of fun.