

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
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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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"Search", choose "ID", enter
the LINE ID "@hfsodan" and tap
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How to Handle Your Anger

Do you think that the feeling of anger is something you should not have or express?

However, just like any other emotions, anger does not simply disappear even if you try to avoid or suppress it. Therefore, what truly matters is how you deal with it.

As anger is often triggered by things around us or by words and actions of the others, we tend to think that something or somebody outside us "makes" us angry. In reality, however, it is we ourselves who generate the feeling of anger. In many cases, anger arises when we feel our expectations are not properly responded by the others, which are caused by the differences in experience, values, opinions, or behavioral patterns, or due to our own assumptions about how things "ought to be."

Beneath the anger, we are disappointed, confused, anxious or worried (i.e., primary emotions) with words or actions of the others, and we want to blame the person who provoked such emotions, and that is when the feeling of anger emerges (secondary emotion).

When we honestly reflect on our own feelings, we begin to understand how the anger emerges and that there is no real need to get angry.

Instead of taking out your anger on the others, I suggest you to speak out candidly your primary emotions that you are feeling.

Anger is not always strong and intense. It can be divided into three levels:

1. Mild anger: "being annoyed" or "being discontent."
2. Moderate anger: "feeling irritated" or "being frustrated."
3. Strong anger: "feeling enraged" or "cannot but yell in anger."

First of all, it is important to know the level of your anger. If possible, try to express it when it is still mild—or at least when it is at a moderate level—so that it does not build up inside you.

If your anger is already very strong, speak out clearly but in an unthreatening way what is bothering you and what you would like them to do. It may be good to do so after taking some time to cool down or talking with someone else.

Although anger is sometimes directed toward the others or objects—like taking it out on someone or something—it only creates negative chain reactions and does not solve real problems. On the other hand, suppressing anger or blaming oneself can result in self-loathing and even would cause mental health problems. When you are aware you are angry, it is important to admit that you are the owner of that anger, and therefore, it is within your control and take responsibility to express it in an appropriate manner.

Reference: Noriko Hiraki (2021), Assertion Training third edition, Nisseiken

Counselor's Oasis

Lately, I have been really into a new method of tidying up. It has been quite some time since the concept of decluttering or "Danshari" became popular, but in my case, I always ended up stuck in the same cycle—spending too much time to decide whether to throw or not, getting frustrated, and eventually feeling bad about myself. But this new method says you don't have to throw things away! Instead, you simply set aside the items you do not currently use and focus on organizing and arranging the ones you actually use for easy access. This approach has taken a huge weight off my shoulders. I've been happily tidying up, and now both my home and my mood feel so much lighter! As a bonus, I even managed to throw away a few things in the end (lol).