

A Safety Net for Mental Health

Editing & Publication

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Find someone you can talk to about your anxieties

A TV program aired this January introduced research on the so-called “S-type gene,” which is said to be related to a tendency to feel anxiety more easily. Some studies suggest that a higher proportion of people in Japan carry this gene compared to those in the Western countries and Africa (this was presented as just one of several theories). There are various interpretations of the reasons behind this. About 10,000 years ago, as the last Ice Age came to an end, the Japanese archipelago experienced a transition to a warmer climate, accompanied by frequent natural disasters such as floods and volcanic eruptions. In such an environment, a culture of cautious behavior—being attentive to potential risks—may have developed among people. This tendency is sometimes used to explain a greater sensitivity to anxiety.

On the other hand, there are also reports indicating that the prevalence of depression in Japan is lower than in many Western countries. One possible explanation is the cultural emphasis on group cohesion and cooperation. Rather than carrying anxiety alone, people may have traditionally shared their feelings with others and supported one another, which could contribute to reducing anxiety.

As the new fiscal year begins, people are gradually adjusting to their new environments. At the same time, this is also a period when fatigue and anxiety can build up without being fully noticed. In a new workplace or role, many may find themselves constantly attentive to workflows and relationships, maintaining a level of tension. For new employees in particular, it can be difficult to grasp the overall scope of work or how long tasks will take, leading to worries such as, “Am I working at the right pace?” or “Will I be able to meet the deadline?”

Philosophers such as Bertrand Russell and Alain have expressed similar ideas about anxiety: “Becoming overly absorbed in internal emotions—such as anxiety, anger, and sadness—can lead to unhappiness. Rather than shutting ourselves inside these feelings, it is important to look outward and engage in concrete actions.” Indeed, continuing to face anxiety alone is not a particularly desirable state of mind. That is why it is important to have someone with whom you can put negative feelings—worries and uncertainties—into words. Doing so can act as a kind of “talking remedy” helping to ease the burden on your mind.

Beaten by rain.
 Beaten by wind.
 And even, beaten by endless office meetings..
 When you feel that way, why not share your thoughts with someone you trust? Close colleagues, friends, and perhaps a counseling office can be places for that.


Counselor's Oasis

Recently, there has been a quiet trend toward low mountain hiking and leisurely flat walks. As I live in Kanagawa Prefecture, in addition to well-known destinations such as Kamakura and Hakone, I also enjoy exploring the gentle hills of Hadano, strolling along the coastline of the Miura Peninsula, and walking by the Tama River. From May onward, the surfaces of the sea and rivers sparkle more brightly. The fresh greenery in the mountains becomes especially beautiful and refreshing. After a day out, you can return home with a pleasant sense of fatigue that feels just right.


My next goals are the long, flat walking routes around Lake Kasumigaura in Ibaraki Prefecture and along Kujukuri Beach in Chiba Prefecture.

Wherever you are, there are surely wonderful walking spots—low mountains, rivers, and scenic paths. Why not take a walk this May?

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@wellness-sodan.com
 ※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.)

Counselings are not available on LINE.)



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