



# A Safety Net for Mental Health

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※We will respond within two business days of  
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## Please Be Aware of "Rainy Season Fatigue"

In Japan, the rainy season begins every year from May to June. During this period of persistent rain, some people may experience symptoms such as fatigue, loss of appetite, and headaches. These seasonal discomforts are sometimes referred to as the "rainy season fatigue" or the "June blues."

### ◆ What Causes the Rainy Season Fatigue?

#### • Disruption of the Autonomic Nervous System Due to Low Atmospheric Pressure

The autonomic nervous system consists of two branches: the sympathetic nervous system, which becomes active during states of excitement, and the parasympathetic nervous system, which promotes relaxation. Low atmospheric pressure tends to activate the parasympathetic system. Because rainy weather is often accompanied by prolonged periods of low pressure, people may feel less motivated than usual.

#### • Sudden Changes in Temperature

Once the rainy season begins, temperatures can fluctuate dramatically. One day may be cool due to prolonged rainfall, while the next may feel like midsummer under clear sky. These dramatic weather changes can place unexpected stress on both the body and mind, leading to fatigue and disruption in the autonomic nervous system.

#### • Reduced Fluid Metabolism Caused by High Humidity

High humidity can make it more difficult for the body to eliminate excess fluids. When fluid accumulates in the body, it may lead to symptoms such as swelling, headaches, loss of appetite, and diarrhea.

### ◆ Tips for Prevention and Relief

#### • Maintain a Regular Daily Routine

A consistent lifestyle can help keep the autonomic nervous system in balance. Try to maintain regular sleep habits, go to bed early and wake up early, and make sure to eat three well-balanced meals each day.

#### • Let in Natural Light to Brighten Your Mood

Opening the curtains and exposing yourself to sunlight after waking up can help your body fully wake up. A brighter environment can also have a positive effect on your body.

#### • Improve Fluid Metabolism Through Moderate Exercise and Bathing

During the rainy season, people often feel reluctant to go outside, but it is important to consciously stay active. Taking a relaxing bath in lukewarm water to warm the body can also be effective.

Our physical condition is easily affected by changes in weather and atmospheric pressure, which can lead to various symptoms and discomforts. During the rainy season, making a conscious effort to regulate your daily routine and support your body's natural rhythms can help reduce discomfort. If you find yourself experiencing symptoms of rainy season fatigue, consider trying some strategies above.

## Counselor's Oasis

The other day, I happened to come across an article that resonated with me deeply. One passage in particular stayed with me:

"If we become insensitive to life's small moments of happiness, we may end up letting countless opportunities for happiness pass by without noticing. Since many of us spend our lives seeking happiness in one form or another, it seems important to remain aware of these small joys. By making an effort to appreciate the little things in our daily lives, we may be able to keep that sensitivity alive."

Reading these words made me realize that, amid the busyness of daily life, I had become somewhat insensitive to happiness myself. It reminded me of the importance of noticing and appreciating small moments of joy, and I hope to continue cultivating that awareness in my own life.