



A Safety Net for Mental Health

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※We will respond within two business days of
receiving your message.

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The Assumptions We Don't Notice

There is a term called **unconscious bias**. It refers to the prejudices and assumptions we may hold without realizing it. Because we all live under the influence of our past experiences and environments, we all have assumptions that may influence the way we see the world.

To begin, please read the following situations and think about the relationship between the three people: A, B, and C.

Situation 1

Police Sergeant A was a highly accomplished practitioner of judo, kendo, and aikido, and had received numerous commendations for apprehending criminals. However, A was even more skilled at interrogation.

One day, a parent and child were caught shoplifting at a supermarket. The father (B) fled the scene, but the child (C), who was unable to get away in time, was apprehended by a patrolling police officer and taken to a local police box for questioning.

As usual, Sergeant A was called in. Upon arriving at the police box and seeing the child from behind, A said:

"I cannot interrogate my own child."

Now, what is the relationship among A, B, and C?

Take a moment to think carefully about Situation 1 before moving on to Situation 2.

Situation 2

At MBK Wellness Airlines, an annual workplace experience program is held for employees' family members.

During one such event, while touring the cockpit, the first officer explained the functions of the cockpit's equipment and instruments to a parent and child (father B and child C).

Afterward, the first officer said to the captain: "I'm sorry. I talked too much."

The captain (A) replied: "That's all right. They're my family."

Now, what is the relationship among A, B, and C?

So, how did you do?

Once we become aware of our assumptions, it becomes easier to reexamine them. However, if we remain unaware of them, they can be surprisingly difficult to change. (Answer: A is C's mother.)

Some of you may have unconsciously pictured a man when you read the titles Police Sergeant or Captain. However, it is by no means unusual today for women to serve and excel in these roles.

We all have unconscious biases. What matters is being willing to recognize that we, too, may have assumptions we are unaware of.

These assumptions are not limited to gender. We may also hold assumptions about age, occupation, job title, where someone is from, and many other characteristics.

By broadening our perspective just a little in our work, home life, and relationships, we may discover new insights and create opportunities for better communication.

Counselor's Oasis

This is the time of year when the fatigue accumulated during the height of summer often begins to catch up with us.

Activities such as walking, jogging, or working out at the gym may not leave you feeling refreshed as usual. Instead, you may find yourself feeling even more exhausted. When that happens, it may be time to slow down a little. Pushing yourself when you are already tired can leave you feeling even more drained.

Listen to what your body is telling you.

Sometimes, slowing down is exactly what you need. Give yourself time to rest and recover, and your energy will gradually return.