



# Common items: Mental health

## The important points for Safety and health

### (1) Let's perceive stress

Stress is triggered by various events. Check to see if there are any stressors around you or whether you are responding to stress without perceiving it.

**CHECK** → Do you not have any struggles with these kinds of things?

#### At a workplace...

promotion, raising in rank,  
reassignment, loan, etc.

##### **Changes in roles or posts**

conflicts with bosses and  
subordinates, sexual harassment,  
power harassment, etc.

##### **Human relationship problems**

work accident or failure

##### **Heavy responsibility**

long working hours or personnel  
changes, occurrence of trouble, etc.

##### **Changes in quality and quantity of work**



#### Outside of a workplace...

transfer away from a family,  
relocation, noise, etc.

##### **Changes in living environment and life**

Illness or family problem, trouble with  
people, accidents and disasters, etc.

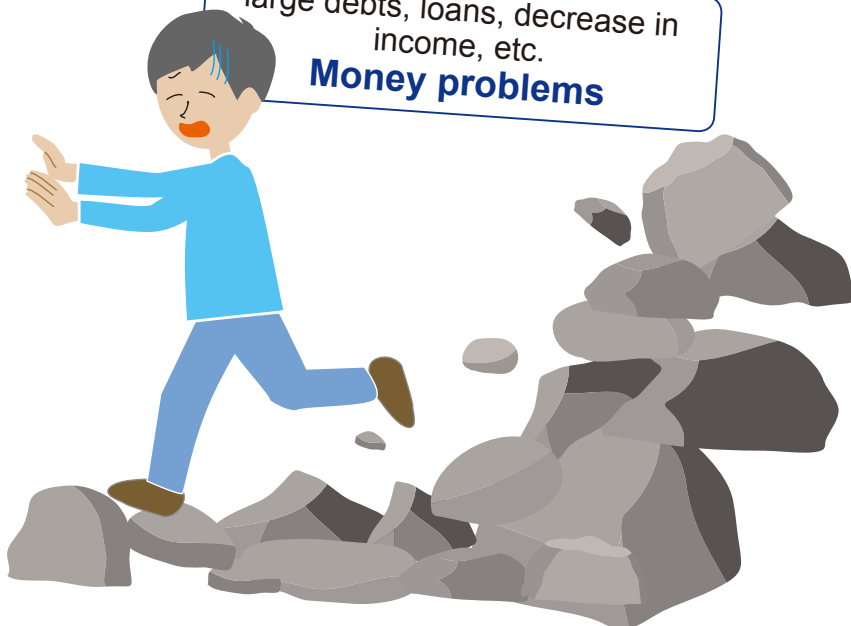
##### **One's personal events**

death of family/relative/friend,  
illness/juvenile delinquency, etc.

##### **Events other than oneself**

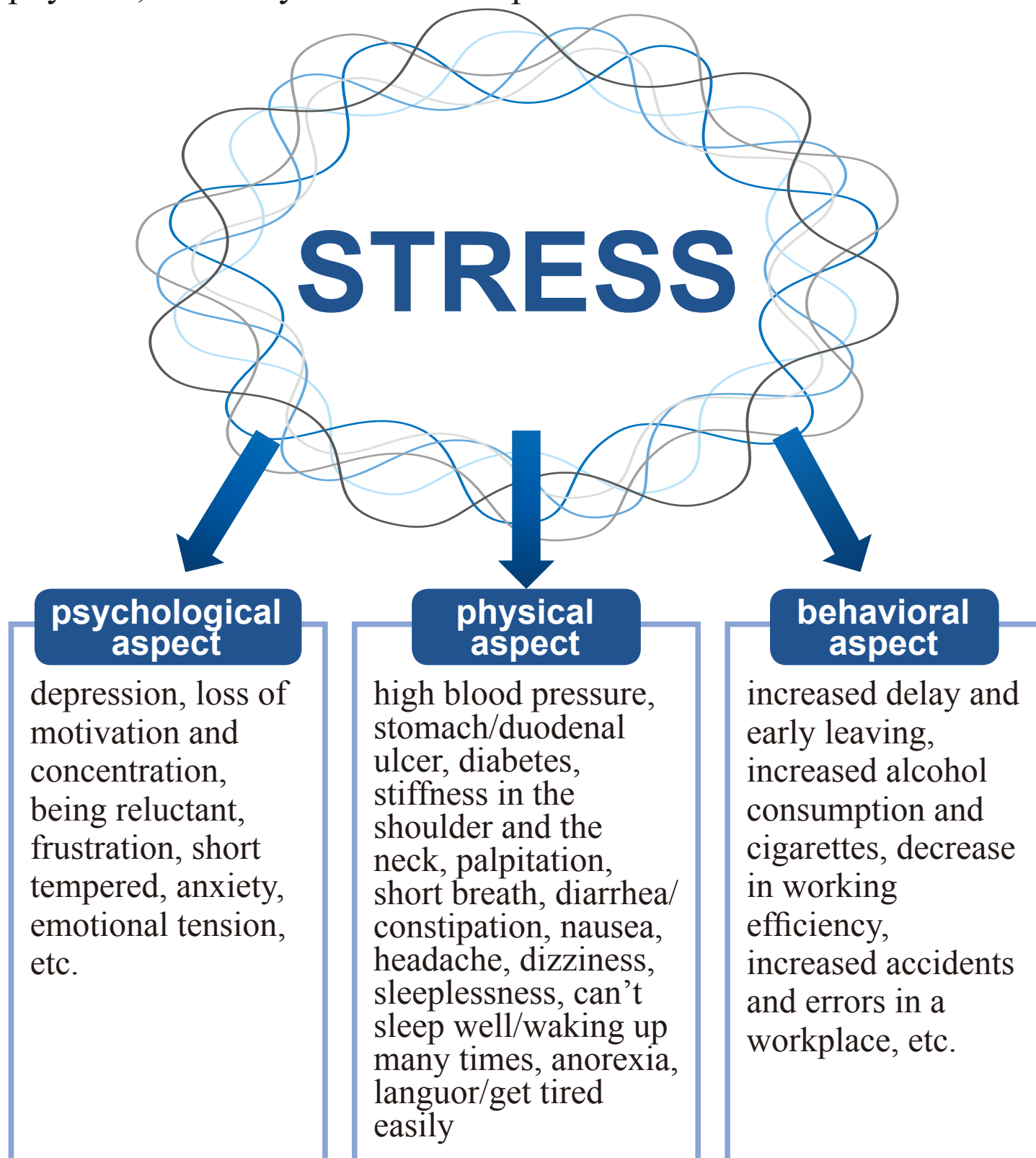
large debts, loans, decrease in  
income, etc.

##### **Money problems**



## (2) Response to stress

When stress increases, the following changes occur in the mental, physical, and daily behavioral aspects.



### (3) Handle stress well



Not all stress is harmful, but moderate stress may brace yourself, and increase the efficiency of your work and study, and give you an agreeable excitement and tension. However, if the excitement or tension exceeds allowable range, the body and mind will not be able to adapt (maladjustment), and will damage the mind and body. In order to get along with stress, it's very important to be aware of your excessive stress early and to find and practice a stress management that works for you.

#### CHECK → Points to cope with the stress well

##### Point → Learn relaxation methods

To obtain a relaxation method that suits you is a powerful tool for those living in a stressful society. There are various relaxation methods such as breathing and autonomic training. In particular, among relaxation methods the stretching can be carried out easily without any special equipment or tools, and also with less time and space.

#### What is stretching?

The stretching in which muscles are stretched slowly, improves blood circulation, and is effective for mental and physical relaxation. If you stay in a same posture for a long time (standing or sitting), the tension of the muscles will increase. Also, the muscular tension increases under the stress such as the much quantity of work and human relationships. The stretching at a break during work may relax your muscles and allows you to work more efficiently.

##### Points for the stretching

- 1 Slowly stretch without a back action
- 2 Breathe naturally without stopping
- 3 Keep stretching for 10 to 30 seconds
- 4 Do not stretch to the point where you feel pain (do not overdo it)
- 5 Focus on the stretched area
- 6 Do it with smiling



## (4) Relax the body light-heartedly

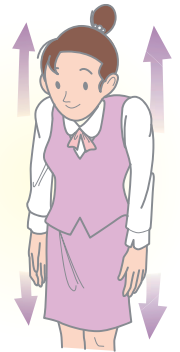
### Simple gymnastics Raising and lowering the shoulders

Raise your shoulders and stop for a moment. Release your muscles with exhaling, and drop the shoulders quickly.



### Massage Neck

Grab the head with four fingers other than the thumb, and massage by pressing the neck with the thumb.



### Simple gymnastics Turning the neck

Relax your neck and shoulders, and slowly turn your neck.



### Stretching Back

Stretch your arms forward with the hands folded, then round your back as you look into your navel

### Stretching Upper body

Throw your chest out while stretching your arms up



### Stretching Waist

Stretch your waist, then, twist the body toward the back and grab the backrest.



## (5) When get stressed

### Point Shredding the tension

If you feel nervous during the day, go to a bathroom and breathe deeply, then take a break doing a light exercise to refresh your mind.



### Point Moderate exercise

Moderate exercise may provide a feeling of satisfaction, freedom and refreshment, which can help to relieve physical and mental stress.

Regarding the exercise, some people have the image of competing for winning, but in order to relieve stress, it is important to have the feeling of “enjoying”. Enjoy a favorite and easy exercise in a pleasant atmosphere.



### Point Don't rely on cigarettes or alcohol to get rid of your stress

Relying on cigarettes and alcohol to escape from the stress may eventually lead to an increase in volume and, in some cases, it will lead to develop alcohol dependency, and impair mental and physical health. You must be careful with reliance on cigarettes and alcohol to get rid of the stress. Other stress relief methods are recommended.





## (6) Work with communication

### Check your health in the morning!

If there are any problems in the vertical relationship in an organization or the horizontal relationship among colleagues, that may lead to accidents/disasters, and production/quality problems. In order to eliminate accidents/disasters in a workplace, it is necessary to change the atmosphere in a workplace to bright, good teamwork, proactive participation style.

#### **Example** Good communication and support!

##### 1. Cheerful greeting when you come to work

Do you talk to the people around you when you come to work or leave the workplace?

##### 2. Call the name when you ask to do a work. This is a sign of respect.

When talking to a person or asking to do a work, don't you take a rude manner?

##### 3. When you get help, let's praise with a smile, be grateful.

Do you express gratitude when you are helped or supported?

##### 4. When you have a problem, make yourself vulnerable.

Don't you suppress your emotions when you are in trouble?

##### 5. In a meeting, to build a trusting relationship try to listen to other persons respectfully.

During conversation in a meeting, don't you interrupt other people and talk?



#### **Example** Events held at a workplace as part of the communication

- In-house athletic meeting
- Bowling competition
- Ball game competition
- In-house long distance relay race
- long distance relay race inside the department

## (7) The Health Risk Prediction

It is important for each worker to be concerned with the health of oneself and others, and to ensure the safety and health in a workplace. At the Health Risk Prediction, each employee should check and report their health at a start-up meeting. If there is a person around you who looks dispirited, ask “questions” as needed.

### Example

#### Ten items for self-check on health

1. Having a headache
2. dizziness, light-headedness, eyes ring
3. numbness/convulsions/  
muscular pain in limbs, lower back hurts
4. Having a colic, having diarrhea, being constipating
5. disordered stomach, stomach ache/nausea
6. Having a fever
7. heart complaint, pounding heartbeat/irregular pulse
8. bleeding
9. coughs, sneeze, runny nose
10. feeling listless, sleepy  
others (subjective symptoms)

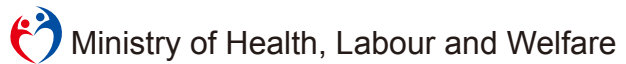
### Example

#### Five items of health check for the people around you

1. Posture  
(Whether you're steady and stable, or hang the head)
2. Motion  
(quick in action, slow manner)
3. Facial expression  
(lively face, bright and cheerful face, swelled face)
4. Eyes  
(Are the eyes clear? bloodshot eyes?)
5. Conversation  
(Whether the conversation is briskly, loudness of the voice, cheerful voice)

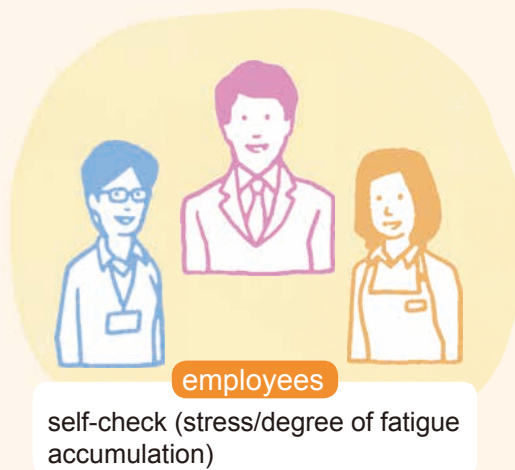
In addition, if necessary, check body temperature, pulse, respiratory rate.  
(Before or after the morning exercise)

## (8) Ears of the Heart Mental health portal site for working



Support working persons and those who support working persons

### Information transmission web site specialied for mental health measures at a workplace



Do you or anyone around you have such problems?



Some employees  
are off work due to  
a mental health  
problem.



I want to be consulted  
by someone of my  
mental problem



I want to know the  
mental health  
measures in my  
workplace.

### For working persons Telephone consultation of “Ears of the Heart”

**0120-565-455**

Monday-Tuesday 17:00 - 22:00  
Wednesday-Friday 10:00 - 16:00  
(Except weekend, Christmas holiday season)



### For working persons Email consultation of “Ears of the Heart”

“Ears of the Heart”

Search

Available 24 hours, will reply within a week  
<https://kokoro.mhlw.go.jp/mail.soudan/>

