

“Stress release like a dream”

Industrial Nutrition Instructor/Psychology Counselor at our Health Promotion Center will introduce “Stress release like a dream” in series. Please make use of this page to release stress together.

Did you know? There are all sorts of stress as shown below...
Don't you often think “Here we go again...”?
This time, I will tell you about “sources of stress” that many people have in common.



Physical stress

Severe cold or heat; din; intolerable smell; uncomfortable surroundings (public nuisance, air pollution), chemical substance, etc.

Biological stress

Chronic fatigue; lack of sleep; fast; hunger; chronic pain, etc.

Psychological and social stress

Tension between you and other people; fear of insecurity; anger; frightfulness; flush; isolation; alienation, etc.
The biggest stress in daily lives would be psychological and social stress.

* There are various types of psychological and social stress depending on one's age (life-stage) and role.

Babies and infants: Leaving one's mother or not having substitute fosterer.

Later childhood: Defeat or failure in public life environment or in communal life, beginning of inner struggle.

Puberty: Physical and emotional unbalance. Conflict over independence.
Problem with one's family, school, or friends.

Adolescence: Enter one's maturity dragging puberty. “Self-searching”
Success and failure in one's job or office.

Adulthood: The most energetic period then again there are many missteps
as well.

At work: Change in personnel, advancement, job transfer or external assignment.

At home: Marriage, childbearing, child's schooling, or purchase of new home, etc.

Meridian of life: Responsibility at work and home get heavier. Big change in work environment and way of business. Getting anxious about one's health. Change in body and mind due to critical age.
Family trouble.

Golden age: Degradation in social position and role. Being bereaved of one's spouse or folks.
Disease or health problem of one's own self or family member.
Concern over economy and living.



A word from the staff

At which phase of the life-stage are you at present?
Where does the stress you currently go through come from?
Next time, we will focus on what happens if we are continuously subjected on stress, and the knack of warding off the stress.

**Next step of stress release

like a dream**

“Is the condition of your body and mind alright?”