

Sawayaka Health Plan for 35-years old people

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About teeth and mouth

Q. I got the impression that it was difficult to determine which one was applicable from the symptoms whether gingival inflammation or mild periodontal disease. Is it difficult to make a definite decision without having an X-ray photograph taken at a dental clinic?



A. It is difficult to judge whether it is gingival inflammation or mild periodontal disease based on subjective symptoms alone. As mentioned in the lecture, though X-ray is important for diagnosing periodontal disease, it is recommended that you have a dentist make a judgment based on his/her comprehensive consideration based on patient's symptoms, oral examination by the dentist, etc.

It's good for you to take care of your own oral state on daily basis and if you have something concerned about, it is recommended that you consult a dentist. Regardless of whatever result, regular visits to your dental clinic will lead to early detection and treatment of tooth decay and periodontal disease.

We hope that you will continue to have concern about your oral health.

About mental health

Q. I was interested in the fact that the intensity of stress varies depending on how the stressor is perceived. I would like to ask you about that point in detail.



A.

Thank you for your question.

Let's **organize** this question by using the fact that "I made a **small mistake and that I was warned by my boss**" as a stressor.

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Mr./Ms. A, who took this fact as "I was warned by my boss because my boss hated me," and got frustrated (stress reaction) as if his/her boss showed his hostility.

Mr./Ms. B, who took the same fact as "I was warned because I couldn't do that well," and became sad (stress reaction) losing confidence in himself/herself.

As the above cases showed, the reason why stress responses appeared differently between Mr./Ms. A and Mr./Ms. B even to the same fact is in their ways of perceiving the fact, that is, **"the habits of perceiving the fact (see the table below)"**.



For example, Mr./Ms. A was frustrated because he/she had a habit of "preconceiving" that his boss hated him/her, but if he/she could suppress this "preconception", he/she might not be frustrated. In the meanwhile, though Mr./Ms. B also became sad due to his/her habit of "self-reference", if he/she could suppress this "self-reference", he/she might not lose his/her confidence on himself/herself and might not become sad.



Based on the above-mentioned, the important thing to spend time feeling less stress is to objectively recognizing your own habit of perceiving the fact. On top of that, the point is to try to be conscious of the different way of perceiving. However, it is not something you can do right away, so try to do it little by little at an reasonable pace.

The habit of perceiving	Definition	Example
Preconception	Focusing only on what you are aware of, you assume that your thoughts must be correct even though the reason to think so is insufficient.	When you hear your name from a conversation between your boss and your senior, you conclude, without a solid basis, that you must have made a mistake again.
Black and white thinking	Being unbearable to putting yourself in an ambiguous state, you have a extreme idea of dividing everything into "black or white", "good or bad".	When you forgot to do a small task requested by your subordinates, you think "I can't get job done well as I thought".
Should-be thinking	Putting pressure on yourself more than necessary, you think in such a way as "I should do like this" or "I must do XX", and limit your actions and behaviors.	Though you made preparation as much as possible, when the job negotiations didn't produce a result, you continue to regret by saying "I should have prepared better ...".
Self-reference	When something bad happens, whatever it is, you blame yourself and always think like "it's my fault".	When a big trouble occurred in the job that your team was in charge of, you feel that you are responsible and deeply depressed saying, "The trouble occurred because I was there".
Reading too much into it	One-sidedly guessing the feelings of the other person, you jumps to the conclusion that "he/she surely are thinking so".	While talking with a colleague, you saw that he showed a stiff look, and you, without finding out what happened to him, make conclusion "I should have said something wrong to him".
Too much anticipation	Making pessimistic predictions by yourself. By doing so and limiting your own activities, you tend to fail as expected, which makes it easy for you to fall in vicious cycle that makes you believe in pessimistic predictions more and more.	When you became a trainer for junior staffs, you feel a strong sense of being bad at training even before start training and conceiving "I'm sure I can't train them well," you become more nervous and fail to train them as you intended.