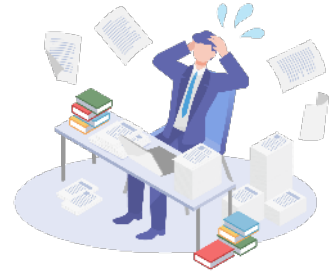


Sawayaka (Refreshing) Health Plan (for) 35 years old persons



About nutrition



Q. Due to my job, dinner time is inevitably late.

A. If you know in advance that you come home late, I recommend that you eat a little in advance at workplace, and when you come home, eat the dinner reducing by the portion you took already in advance.

By doing so, you can not only maintain your overtime work performance, but also can reduce carbohydrate intake during the time zone when blood sugar levels tend to rise.

If you have a late dinner due to your job, try to eat dinner early even during holidays.



If you have a late dinner, take supplement in advance and have a light dinner.

6 o'clock

12 o'clock

17 o'clock

21 to 22 o'clock

Breakfast

Lunch

Supplement

Dinner
Reducing
it by the portion
of supplement

Eat first the staple foods (carbohydrates) that provide energy

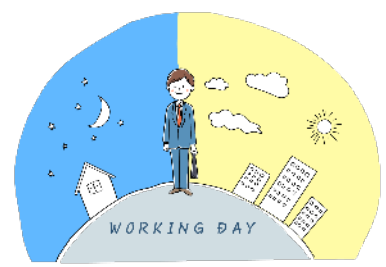


When it is difficult to take meals properly, make good use of "Snack".

When you come home, take only principal dishes (not staple foods) and side dishes.

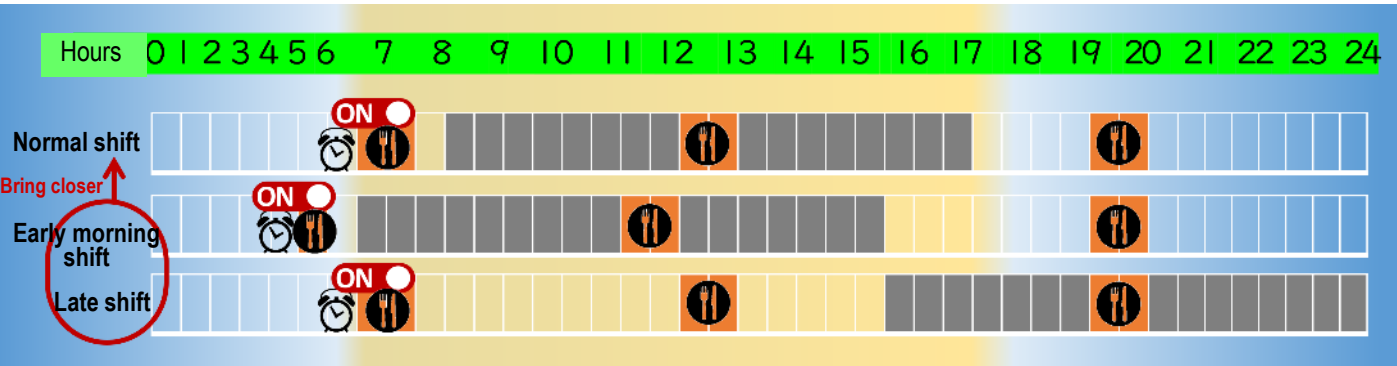


Q. Since my job is a shift work, it is difficult to adjust life rhythm between eating and sleeping.

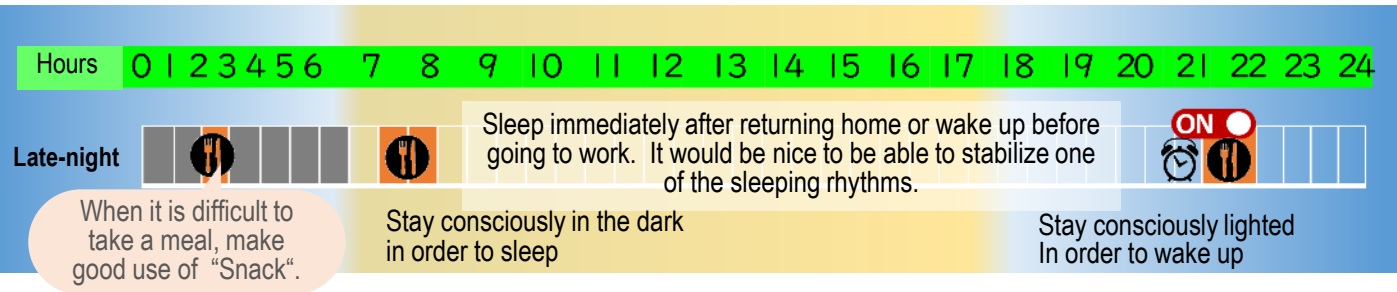
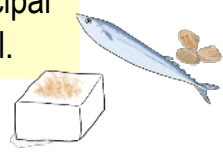


A. It is ideal to do activities along the rhythm of the sun. So, for the shift workers who can do their activities in the bright hours and can sleep during the dark hours (early morning shift and late shift), it is recommended bring the rhythms of waking-up and taking meal closer to normal daytime routine of the life as much as possible. Even if you work in the late shift, it would be nice to prioritize sleeping after returning home and to be able to work from the morning in the next day.

ON Reset
 Getting-up
 Meals
 Work



In the case of late-night work where the day and night are reversed, by positioning the meal before work as "breakfast" and build the diet, the body clock is reset and it is possible to reduce the burden on the body. At night, the body temperature drops and the metabolism also slows down, so fish and tofu are recommended as principal dishes. Try to eat a diet rich in fiber, as the blood sugar tends to rise then as well.



It is said that, if you abstain from eating for 10 hours or more until the next morning, the effect of resetting the body clock which is brought about by meals will be raised. By taking time to give your internal organs a good rest, waste products will be easily excreted, and the effect of recovering from fatigue will also raised. Even if you are in the life pattern which can't be changed, try to adjust the rhythm of your meals as much as possible to consciously make your sleep easier.



About mental health



- Q. I would be happy if the occasions are available where I can learn a little more about how to deal with the case that I am a little worried about the person around me who is suffering from stress. Though it is good for me to be able to deal with such case by myself, I think, it is better to be able to deal with it as a team.



- A. Thank you for your question. You are always taking care of yourself and the people around you. I presume, by your listening to the training program of Sawayaka Health Plan 35-year-old this time, reconfirmed the feelings which you have in everyday life.

Now, concerning the question how to access to (get involved with) the stressed colleague's problem, I would like to conclude by saying, to be honest, that it is difficult to give a simple answer such as "You should do like this".

The reason is that, "even though there are people around us who are experiencing stress", various combinations are assumed depending on the content of stress, the position at the side of accessing the stressed person and the position of the stressed person who are accessed. So, though the answer is not only one, there are points to think about regarding how to handle the problem.

< **Stressors (stress factors) × Relationship** >

■ Different people have different stressors

When it comes to "stress," there are various types of stress, and depending on the content, what we can do / cannot do may change. For example, when it comes to the stress caused by long working hours, various situations can be considered as follows:

- When there is a problem with the work distribution by the supervisor
 - When the supervisor is busy (or in a remote location) and difficult to follow-up the subordinates
 - When the whole team is exhausted and can't take care of others
 - The person's personality (being serious, having a too strong sense of responsibility, not good at asking for help, and so on.)
- etc...



■ Differ depending on the positions of accessing side and accessed side

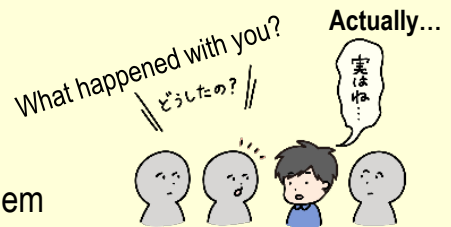
Same as stress, depending on each position inside and outside of the team, intimacy or relationship, etc. with the concerned person, multiple varieties are assumed for example, as follows:

- When you are the supervisor and the person who is stressed is your subordinate
 - When you are the senior and the stressed person is the same team member (junior)
 - When you are the junior and the stressed person is the same team member (senior)
 - When you are the contemporary (friend) with the stressed person,
- etc...

As mentioned above, how to deal will change little by little depending on the combination of “stress factors” and “relationships”. However, no matter what the combination is, there are what we can support stressed person individually and what we can support him / her as a team.

< Individual Support × Team Support >

■ It's okay even if you don't intend to solve the problem



When you intend to access to the problem, the hurdle will become higher if you intend to solve the problem. If the person himself / herself is so troubled as to feel stressed, it is almost impossible to solve the problem easily, so there is no need to be enthusiastic about solving it. Just talking to the stressed person with your willingness to access to his / her problem may help them feel less isolated.

By doing so, the stressed person may tell you about his / her current situation. There are also the person whose suppressed emotion wells up. You may even be able to sort things out together. That's enough.

■ Discuss the current state of the team

When thinking about accessing to (getting involved with) the problem as a team, I think, it is effective to create a team where stress is less likely to occur, and to create a foundation for that. Discussing the current state of the team on the following topics will provide indirect support to the colleague who is under stress.

- Whether there is the relationship where consultation is easy?
- Is there no atmosphere in which failure is not tolerated?
⇒ (Atmosphere that blames individuals rather than accepts constructive opinions, and demerit system <point-off system>)
- Isn't it an environment where it is difficult to raise objections?
⇒ (Strong pressure to conform, atmosphere that prevents you from trying new things)
- Is there a culture of helping each other?
⇒ (Doesn't your team have the culture of "It is okay as long as I'm okay."?)

I have made a few points. But, the most important is **"Don't turn a blind eye"**. If you notice that someone is clearly stressed, think about what you can do in your relationship with that person.



What type of combination is the case that the questioner is worried about? If, after reading this content, you feel that you would like to think more specifically about the problem together, please consult once the nurse at your workplace or the mental health consultation room of the Bosch Health Insurance Society. I may be able to help.

[Contact information: ① Health consultation room at each business sites
② Bosch Health Insurance Society's counselor
(Rep.) 0493-22-0890]