# Mental health & Well-being

## Where to start

- It can be hard to know when or where to get help if you are is struggling with mental health.

- Find JICA counselling services that can give you the support you need.



Understanding mental health



Self Care



How to get help

# Let's take care of our bodies to support our mental well-being

Our bodies and minds affect each other. When we are in a good mood, we feel better and can be active. When we don't feel well physically, we may also feel more negative.
Let's think about mental health through our daily habits.

1. **Diet:**
   - Keep a regular daily routine. Try to eat your meals at about the same times each day.
   - Try to eat a variety of foods and maintain a balanced diet.
   - Eating can help relieve stress. Enjoy your favorite foods in moderation.

2. **Exercise:**

- Regular physical activity and exercise can improve our mood and boost our energy.
- If you don't have time to exercise, try making small changes to your daily routine. For example, walk briskly to campus or take the stairs instead of the escalator.

3. **Sleep:**

- If you take a bath 1-2 hours before bedtime and go to bed when your body temperature starts to drop, you'll fall asleep more easily.
- Avoid staying up late, and stop using your smartphone or computer at least 1 hour before bedtime.
- On your days off, try not to get up more than two hours later than usual.



# Seasonal Effects

In Japan, daylight hours become shorter as winter approaches, and in colder regions, there may be long periods with little or no sunshine. A lack of daylight can affect brain chemicals, which may influence our mood and sleep patterns.

## What you can do

- **Get as much natural daylight as you can**
- **Get regular exercise**
- **Stay in contact with friends and family**
- **Keep up with your usual activities**
- **Try to go to bed and wake up at the same time every day**

Seasonal affective disorder (SAD) - NHS

# How to get help



If you’re in distress, concerned about your mental health, or want to talk to someone, help is available.

JICA counseling service

**tataa_counseling@jica.go.jp**

You can also contact  the following key person at JICA center.

◆JICA Staff

◆JICA Medical Coordinator