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

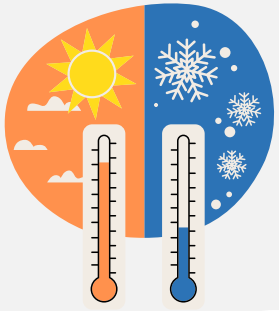
What causes depressive moods?



Depression results from complex interaction of social, psychological, and biological factors. Some factors can increase a person's risk of mood disturbance.

- **Biological factors**, such as genetic predisposition, neurochemical imbalances, hormonal changes, and chronic medical conditions
- **Psychological factors**, including low self-esteem, negative thinking patterns, maladaptive coping strategies, and a history of trauma.
- **Social factors**, such as social isolation, interpersonal difficulties, occupational stress, financial hardship, and lack of social support
- **Environmental or lifestyle factors**, including major life transitions, prolonged stress, disrupted sleep patterns, and limited exposure to daylight

Seasonal Affective Depression(SAD)



Seasonal depression, clinically called Seasonal Affective Disorder (SAD), is a type of depression that follows a seasonal pattern—most commonly appearing in early spring, autumn and improving in summer. Here are some reasons.

1. Decreased and increased in daylight hours make imbalances in brain chemicals and disturb deep sleep.
2. In spring and autumn, temperatures fluctuate. Our body needs a lot of energy adjusting to the changes, which makes us more fatigue.
3. Seasonal allergies may contribute to changes in your mood. Pollen triggers a strong inflammatory response in the respiratory tract, and inflammation anywhere in the body can worsen mood.
4. When people start new chapters in their lives, it makes daily routines and moods tend to be unsettled.



5 keys to self-care





PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL	PSYCHOLOGICAL
◆Get enough sleep ◆Exercise ◆Eat regular and healthy foods	◆Take time to pause ◆Positive affirmations ◆Gratitude ◆Find joy in small things-laugh and smile	◆Join a community ◆Practice healthy social media habits ◆Develop a strong support group	◆Spend time in nature ◆Meditate ◆Forgive yourself	◆Be creative ◆Write in journal ◆Truck your mood ◆De-clutter

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