

This time of year in Ukraine is very pleasant, but during the rainy season in Japan, you may feel dullness and headache more often (there is no rainy season in Hokkaido).

Hello! We are the psychologists who have been starting mental health support line from last June supported by Nippon Foundation and Japanese Society of Certified Clinical Psychologists (JSCCP). We would like to announce about our support line.

Every Wednesday 10:00~14:00

Ukrainian, Russian, English, Japanese

Telephone Number: 03-3813-9990 (The standard call fees apply)

Skype ID: JSCCP JSCCP

Telegram ID: @Mental_JSCCP



Zoom setup: ukr.suporter.office@gmail.com

(Please send message to this email and we will send you Zoom link. It will be replied within 3 working days.)

💖 A small present for your heart from us 💖

Are you being kind to yourself? For example, when we have a concern or suffering, we often think, "I need to work harder," "I'm not good enough," or "I'm not going to make it." We naturally become self critical.

Let's imagine your heart as a balloon. When something is stressed, the heart balloon is expanding. If self-criticism doesn't stop, or if you repeatedly self-critical whenever any suffering occurs, your heart balloon will be burst. Without knowing it, we treat ourselves harshly.

Hold on! We are already suffering a lot, so let's be kind and gentle to ourselves. Can you tell yourself like you do to your close friend? For example, let's say, "You don't need to push yourself so much," "It's OK to be like that," "It's good enough," "Nobody is perfect."

Let's tell to myself in gentle voice. It's good idea to put your hand on to your heart with gentle touch. Then what's happening? Your heart balloon will be shrunk and you will become more resilient and flexible.

