

## <Health> – Change in Your Environment –

In Japan, March is an important month in which all business for the previous year is concluded. Some of you may have had the experience of finding yourself unsettled in March because Japanese colleagues at your company are being transferred or reposted, and the environment around you is becoming a little chaotic.

When the environment around you changes, it can give you new expectations and a new sense of energy, but this type of change can also produce a lot of tension and unease, resulting in changes in your emotional and physical well-being. The symptoms of this are quite varied and differ between people, but may include insomnia, headaches, poor digestion, skin irritations, and depression.

To ensure that you don't become too stressed, it's necessary to reexamine your lifestyle and find good ways to divert yourself. Even though your environment might change from time to time, don't let yourself go. What you should do is retain your daily life, and develop ways of alleviating stress that work for you.

## <健康> - 環境の変化 -

日本において、3月は1年の総決算という大きな節目の月として位置づけられています。

研修生・技能実習生の皆さんの会社でも、同僚である日本人従業員に人事異動や配置換えの発表があったりして、周囲がなんとなく慌ただしくなり、気分的に落ち着かない経験をした人もいるかもしれません。

人間は環境が変わることで新たな意欲や期待をもつものですが、その反面、緊張を強いられたり、強い不安を感じてしまうと、心身に変調をきたすことがあります。現れる症状は人によって違いますが、不眠、頭痛、消化不良、皮膚炎、気持ちの落ち込みなど、実に様々な症状を引き起こします。

ストレスをためないためには、生活習慣を見直すことと上手に気分転換することが大切です。今まで違った環境の中にあっても、平常心を忘れず、規則正しい日常生活を心掛け、自分なりのストレス解消法を持つようにするとよいでしょう。