

*Recognize the signs of stress early to stay mentally and physically healthy*  
ストレスに早く気づいて 心もからだも健康に

# Mental and Emotional Health こころの健康

## Keeping a Smile on Your Face みんなの笑顔





## Preface

はじめに

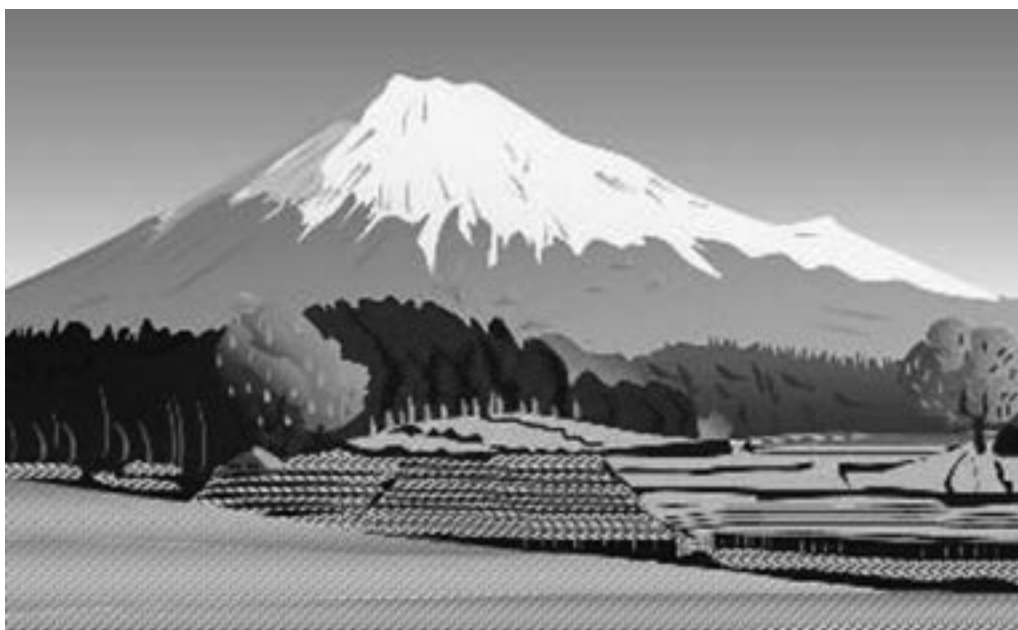
We hope this pamphlet finds you well and enjoying your technical intern training program and your stay in Japan. Leaving home to live abroad in a country with a very different culture, lifestyle and customs is an exciting and funny adventure, but it can also bring a great deal of stress.

The phrase “mental health” means a state of emotional and mental well-being. Just as your body can be healthy at times and not at others, your heart and mind can experience periods of good health, as well as time of depression and even illness caused by emotional difficulties and stress. In order to stay mentally healthy, it is important for you to recognize the early signs of stress and learn ways to relieve it.

Whenever you are having a difficult time, please talk with other trainees on your program or other senior colleagues, the internship advisers and assisting trainees to tell them your feeling. It is important that you do not try to handle everything by yourself, and that you ask the people around you for help.

This pamphlet contains a Self-Check List to help you judge your stress level. There is also an Advice Sheet with tips for staying mentally healthy and keeping a smile on your face.

Be sure to read both of these documents.





# Contents

目次

|     |  |    |
|-----|--|----|
| I   | Recognizing Mental Health SOS .....  | 1  |
| II  | Using the Mental and Physical Health Self-Check List and<br>Advice Sheet ..... | 3  |
|     | A. Your Physical Health during the Past Month .....                            | 4  |
|     | B. Your Mental Health during the Past Month .....                              | 5  |
|     | C. Your Workplace, Work Duties, and Accommodations .....                       | 6  |
|     | D. Friends, Family, and Colleagues .....                                       | 6  |
| III | Advice Sheet for Technical Intern Trainees .....                               | 7  |
|     | A. Your Physical Health during the Past Month .....                            | 7  |
|     | B. Your Mental Health during the Past Month .....                              | 10 |
|     | C. Your Workplace, Work Duties, and Accommodations .....                       | 13 |
|     | D. Friends, Family, and Colleagues .....                                       | 14 |
| IV  | Self-Care for Mind and Body .....  | 15 |
|     | 1. Simple Methods of Stress Relief that Anyone Can Do .....                    | 15 |
|     | 2. Have Fun Communicating in Japanese .....                                    | 17 |
|     | 3. A Healthy, Well-regulated Lifestyle .....                                   | 19 |
| V   | To All Technical Intern Trainees .....   | 20 |

# I

## Recognizing Mental Health SOS<sup>1</sup>

こころのSOSサインに気づくこと<sup>注1</sup>

It is important for all technical intern trainees to remember that living in a different culture can be very stressful. When you feel that something is different and that you are just not yourself, it is important to realize that this could be a mental health SOS. Many different things can cause stress. Do you experience or have you experienced any of the following causes of stress?



### Causes of Stress

こんなことがストレスになります



Long work hours  
Accidents  
Mistakes on the job  
Not understanding instructions  
Not getting along with people  
Sexual harassment<sup>2</sup>  
Power harassment<sup>3</sup>  
Late-night work hours

Language difficulty  
Not making friends  
Lack of privacy  
Not feeling well  
Not sleeping well  
Illness



Illness or death in the family  
Not getting along with husband/wife or trouble with marriage  
Trouble with family members  
Children's behavior or education problems  
Broken heart  
Debt

**1** SOS: SOS is the signal sent out for help in times of emergency. A mental health SOS is a signal that your mind and body sends to let you know that you need help.

**2** Sexual harassment: Harassment of a sexual nature. For example, groping or sexual advances.

**3** Power harassment: Harassment using power in the workplace. For example, physical violence, violent language, ostracizing, or ignoring.



## SOS Signs of Mental and Physical Stress

ストレスでおきる<sup>こころ</sup>心とからだへのSOSサイン

When stress continues for a long time or increases, you might experience the physical, mental, and behavioral changes like those listed below. It is important that you cannot ignore these signs.

# stress



### Emotional/ Mental Changes

- \* Depression \* Lack of energy
- \* Lack of motivation \* Frustration
- \* Anxiety \* Tension

### Physical Changes

- \* Inability to sleep \* Stomachaches and/or headaches
- \* Heart palpitations or shortness of breath
- \* High blood pressure \* Diarrhea or constipation
- \* Losing appetite \* Irregular menstrual cycle
- \* Very stiff neck and/or shoulders

### Behavioral Changes

- \* More often arriving at work late or leaving early
- \* Lower work productivity \* More mistakes at work
- \* Causing accidents \* Dependency on alcohol
- \* Overeating or not eating enough



When You Recognize an SOS, It Is Important to Act Quickly to Take Care<sup>4</sup> of Yourself.

SOSサインに<sup>き</sup>気づいたら、<sup>はや</sup>早めのセルフケア<sup>ちゅう</sup>注 4が<sup>たいせつ</sup>大切

To stay mentally healthy, it is important to take care of any signs of mental stress as quickly as you would take care of your body. For example, when you start to feel down, get frustrated easily, insomnia, or become overly tired, it is important that you take care of yourself right away. Some people show particular signs of stress. For example, their teeth start to hurt or their neck or shoulders get stiff when they get tired. It is important to know your own particular SOS signs. And when you see the signs, you should take care of yourself immediately by getting plenty of rest or doing something different for a change of pace.



4

Taking care of yourself, or self-care, means knowing the condition of your body, mind and emotions, thinking about what would help you relax, and doing what you need to do to relieve stress.





## Using the Mental and Physical Health Self-Check List and Advice Sheet

『心とからだの自己診断表』とアドバイスシートの使い方

The Mental and Physical Health Self-Check List is a tool to help you recognize how healthy your daily life is by answering questions about the state of your recent mental and physical health.

After filling out the Self-Check List, please read the Advice Sheet.

This section helps to explain the causes of stress and suggests techniques for coping before stress grows to the point that you become ill.

Please think about the following points when filling out the Self-Check List and reading the Advice Sheet.

### Using the Self-Check List and Advice Sheet

#### 1. Mental and Physical Health Self-Check List

Answer the questions when you are fully relaxed. Do not think too much about your answers and answer honestly. Do not consult with other technical intern trainees when filling out the list. Use this as an opportunity to think honestly about how you are feeling.

#### 2. Advice Sheet

- (1) Be sure to read the advice given for any items on the Self-Check List where you checked “always” or “sometimes.”
- (2) You may not now be experiencing the symptoms described in the items where you checked “almost never,” but you might in the future. Please read the advice given for those items, as well, so you will know how to cope if you do experience these symptoms later.

#### Example

If you checked “always” in response to the question “I get irritated or frustrated because I do not understand Japanese,”

Advice Sheet on page 10

B-2 It can be easy to depend on trainees...



Please see page 17, too.

## Self-Diagnosis of Mind and Body

こころとからだの自己診断表

### Check your mental and physical health.

あなたの心とからだの状態をチェックしてみましょう。

Answer all questions in sections A-D. Check the one answer that best describes your situation.

A～Dのそれぞれの質問に答えましょう。最も当てはまるものに○をつけましょう。

| <b>A Your Physical Health during the Past Month</b><br><small>さいきん げつかん じょうたい</small><br><b>最近1か月間のあなたのからだの状態についてお聞きします</b> |  | Always<br>いつもある | Sometimes<br>とき々ある | Almost never<br>ほとんどない |
|---|--|-----------------|--------------------|------------------------|
| 1   | I feel overly tired in the mornings, as if I were still tired from the day before.<br><small>まえの日の疲れがとれない、朝から何となくだるい</small> |                 |                    |                        |
| 2   | I get headaches and feel rundown.<br><small>何となく頭が痛かったり、すっきりしない</small>  |                 |                    |                        |
| 3   | I frequently get pain in my lower back and a stiff neck and shoulders.<br><small>くび、肩が凝ったり、背中や腰が痛くなったりする</small>             |                 |                    |                        |
| 4   | My stomach gets upset, and I get diarrhea or constipation.<br><small>胃の具合が悪かったり、下痢や便秘でお腹が痛い</small>                          |                 |                    |                        |
| 5   | I experience dizziness, light-headedness or blurred vision.<br><small>めがかすんだり、めまいや立ち眩みをする</small>                            |                 |                    |                        |
| 6   | I experience sudden difficulty breathing or chest pains.<br><small>急に息が苦しくなったり、胸が痛くなる</small>                                |                 |                    |                        |
| 7   | I feel thirsty or my throat hurts, and I feel ill.<br><small>のどが渇いたり、痛かったりで調子が悪い</small>                                     |                 |                    |                        |
| 8   | I have difficulty falling asleep, and I wake up early in the morning.<br><small>なかなか寝られなかったり、朝早く目が覚めたりする</small>             |                 |                    |                        |
| 9   | I do not have much appetite.<br><small>食欲がない</small>   |                 |                    |                        |
| 10  | For female trainees: My menstrual cycle is irregular.<br><small>女性の方にお聞きします。生理が不順である</small>                                 |                 |                    |                        |

Please note any other physical problems not listed above.

上に書いたことのほかに、からだのどこかに具合の悪いところがあれば、右の欄に書きましょう。

How many hours do you sleep per night?

毎日、どれくらい寝ていますか？

\_\_\_\_\_ hours (Go to sleep \_\_\_\_\_ : \_\_\_\_\_ ; Get up \_\_\_\_\_ : \_\_\_\_\_ )  
時間 就寝 時 起床 時

| <b>B Your Mental Health during the Past Month</b><br><small>最近1か月間のあなたの気持ちについてお聞きします</small> |  | Always<br><small>いつもある</small> | Sometimes<br><small>時々ある</small> | Almost never<br><small>ほとんどない</small> |
|--|--|--------------------------------|----------------------------------|---------------------------------------|
| 1  | I find myself wishing I had someone close to talk to about my problems.<br><small>相談相手になる人が側にいてほしいなあとと思う</small>   |                                |                                  |                                       |
| 2  | I get irritated or frustrated because I do not understand Japanese.<br><small>日本語がわからず、イライラする</small>  |                                |                                  |                                       |
| 3  | I get lonely and feel sad.<br><small>孤独な感じがして、気持ちが落ち込む</small>   |                                |                                  |                                       |
| 4  | I get depressed and do not want to leave my room.<br><small>ゆううつで、会社に行きたくない</small>  |                                |                                  |                                       |
| 5  | I worry about what is happening back in my home country and think about it while at work.<br><small>母国のことが心配で、仕事中でも気になる</small><br>If you answered “always” or “sometimes,” please check the answers below that describe your situation.<br><small>「いつも」「時々」と答えた方は、以下の該当する項目に○をつけてください</small><br><div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <b>Family</b><br/> <small>家族</small> </div> <div style="text-align: center;"> <b>Boyfriend/girlfriend</b><br/> <small>恋人</small> </div> <div style="text-align: center;"> <b>Loans</b><br/> <small>借金</small> </div> <div style="text-align: center;"> <b>Other</b><br/> <small>その他</small> </div> </div> |                                |                                  |                                       |
| 6  | I become very upset when someone at the company or another technical intern trainee criticizes me.<br><small>会社の人や、他の技能実習生から批判されると、とても気になる</small>   |                                |                                  |                                       |
| 7  | I become angry and argue with those around me.<br><small>腹を立てたり、周りの人と口げんかをすることがある</small>  |                                |                                  |                                       |
| 8  | I do not feel like I can trust those around me.<br><small>周りの人が信用できないと感じる</small>  |                                |                                  |                                       |
| 9  | I feel nervous and edgy due to anxiety.<br><small>不安で、気持ちが落ち着かないことがある</small>  |                                |                                  |                                       |
| 10   | I have a vague feeling that daily life is uninteresting.<br><small>何となく毎日の生活が面白くないと感じる</small>   |                                |                                  |                                       |

Do you do something special to relax on your days off? If so, please note it here.

休日などにリラックスすることをしていませんか？ あれば、具体的に書きましょう。

(Please write in Japanese, if possible.)

(なるべく日本語で書きましょう)



| C Your Workplace, Work Duties, and Accommodations<br>あなたの作業場や仕事・宿舍についてお聞きします。  |   | Yes<br>そうです | Sometimes<br>まあそうです | No<br>ちがう |
|--|---|-------------|---------------------|-----------|
| <p>If you responded “yes” or “sometimes” to Questions 3 – 6, please check the answers below that describe your situation. Check all that apply.</p> <p>(3～6の質問に、「そうだ」「まあそうだ」と答えた方は、以下の該当する項目に○をつけましょう。いくつでもよいです)</p> |   |             |                     |           |
| 1  | I have trouble remembering the tasks I am taught.<br>仕事が多すぎて覚えられない  |             |                     |           |
| 2  | I have too much work to do and get tired.<br>仕事が多すぎて、疲れる  |             |                     |           |
| 3  | <p>I feel my workplace is dangerous at times.<br/>仕事中に、あぶないと思うことがある</p> <p>* I have nearly gotten caught in or pulled into machinery.<br/>・機械に挟まれたり、巻き込まれそうになる</p> <p>* The floor is slippery.<br/>・床が滑りやすい</p> <p>* It is easy to trip over things on the floor.      * Other<br/>・物につまずきやすい      ・その他</p>   |             |                     |           |
| 4  | <p>The workplace environment is unpleasant.<br/>作業場の環境が良くない</p> <p>* Temperature      * Lighting      * Noise      * Ventilation<br/>・温度      ・照明      ・騒音      ・換気</p> <p>* Toxic substances such as metal dust, etc.<br/>・粉塵等の有害物質</p>  |             |                     |           |
| 5  | <p>I have difficulty understanding the explanations of my work duties or instructions about procedures.<br/>作業のやり方や手順の指示がわかりにくい</p> <p>* There is not enough explanation.      * I don't understand the words.<br/>・十分な説明がない      ・言葉が分からない</p> <p>* People speak too fast.      * My coordinator is often away.<br/>・早口すぎる      ・指導員が不在がち</p> <p>* Instruction manuals do not give enough information.      * Other<br/>・説明書が不十分      ・その他</p> |             |                     |           |
| 6  | <p>The accommodations are unpleasant.<br/>宿舍の環境が良くない</p> <p>* Temperature      * Noise from other lodgers<br/>・温度      ・周りがうるさい</p> <p>* Not enough privacy      * Room is too small.<br/>・プライバシーが守れない      ・狭い</p> <p>* Bedroom (I don't get enough sleep after getting off night duty.)<br/>・寝室(夜勤の明けなど睡眠が確保できない)</p>   |             |                     |           |

| D Friends, Family, and Colleagues<br>あなたの周りの人々についてお聞きします。   |  |
|---|--|
| <p>(Please check the answers below that describe your situation. Check all that apply to you.)<br/>(以下の中からあてはまる項目に○をつけましょう。いくつでもよいです)</p> |  |
| 1   | <p>When you don't understand something at work, who do you feel you can easily ask for help?<br/>仕事でわからないとき、気軽に聞ける人は誰ですか？</p> <p>1. Technical intern training coordinator      2. Fellow trainee or senior colleague<br/>1. 技能実習指導員      2. 先輩や同僚</p> <p>3. Japanese employee      4. No one<br/>3. 日本人従業員      4. いない</p>                 |
| 2   | <p>When you have problems related to living in Japan, who do you feel you can easily ask for help?<br/>日本で生活に困ったとき、気軽に聞ける人は誰ですか？</p> <p>1. Internship adviser      2. Interpreter      3. Fellow trainee or senior colleague<br/>1. 生活指導員      2. 通訳      3. 先輩や同僚</p> <p>4. Friend in Japan      5. No one<br/>4. 日本にいる友人      5. いない</p> |
| 3   | <p>3. Who do you ask for advice about personal problems?<br/>個人的に抱える悩みがあるとき、誰に相談していますか？</p> <p>1. Family      2. Friends      3. Internship adviser      4. Interpreter<br/>1. 家族      2. 友人      3. 生活指導員      4. 通訳</p> <p>5. Fellow trainee or senior colleague      6. No one<br/>5. 先輩や同僚      6. いない</p>                             |



# Advice Sheet for Technical Intern Trainees

技能実習生のためのアドバイスシート

## Methods for Coping with Physical and Mental Health Issues

The list below offers advice on coping with the symptoms in the Self-Check List where you checked “always” or “sometimes.” If any of these symptoms or problems continues, it could be a sign of illness. Do not push yourself too hard. Ask your internship adviser, who is responsible for assisting trainees with living in Japan, or an interpreter for more advice or help.

### A

#### Your Physical Health during the Past Month

さいきん げつかん じょうたい  
最近 1 か月間のあなたのからだの 状態について

1

I feel overly tired in the mornings, as if I were still tired from the day before.

まえ ひ つが  
前の日の疲れがとれない。朝から何となくだるい

→Was there something that happened the day before that made you especially tired? When problems or worries continue to bother you over time, it can be difficult to sleep well, and you can wake still tired from the day before. This can make you rundown. It is important to get to sleep early and get enough sleep during the night, but if you wake still tired from the day before, a morning shower can be refreshing.



2

I get headaches and feel rundown.

なん あたま いた  
何となく 頭が痛かったり、すっきりしない

→If you are constantly worrying about things and cannot clear your head, you can become even more anxious. Anxiety interferes with blood circulation, which can lead to headaches and make you feel generally rundown. However, headaches that continue over time are a cause for concern and may require medical attention. Do not wait to consult a doctor about this.



3

I frequently get pain in my lower back and a stiff neck and shoulders.

くび かた こ  
首、肩が凝ったり、背中や腰が痛くなったりする

→Are you using the same muscles over and over? Stretching, walking, and other light exercise are good ways to relax your muscles. Use your days off as a change of pace by playing sports that use your entire body, like table tennis or soccer.

4

My stomach gets upset, and I get diarrhea or constipation.

胃の具合が悪かったり、下痢や便秘でお腹が痛い

→Stomachaches at times when you are anxious or worried can be caused by stress. When you get very nervous or too tense, your internal organs may not work as well as usual. If there does not seem to be a psychological reason for the pain, the stomachache could be caused by food poisoning or constipation.

5

I experience dizziness, light-headedness or blurred vision.

めがかすんだり、めまいや立ち眩みがある

→When you are physically or emotionally tired, you may experience these symptoms. If eye tests are normal and blood tests do not show anemia, it is important that you take vitamin supplements or take time off to rest. Focusing on mountains or other faraway landscapes can help relieve eye fatigue, too. If you are anemic, be sure to eat a balanced diet with plenty of spinach, liver, and other nutritious food.

If the symptoms listed for any of these items continue over time, ask your internship adviser for more advice.



6

I experience sudden difficulty breathing or chest pains.

急に息が苦しくなったり、胸が痛くなる

→When you are very anxious, tense, or worried, this state of mind can lead to difficulty breathing or chest pains. However, these symptoms could also indicate heart disease, and you should consult a doctor if you can think of no psychological reason for these symptoms.



7

I feel thirsty or my throat hurts, and I feel ill.

のどが渇いたり、痛かったりして調子が悪い

→Tension can make you very thirsty. Release tension by drinking fluids and taking deep breaths. Drinking plenty of fluid is extremely important to prevent heatstroke during summer and the common cold during winter. Drink water or tea, not juice and soda. When cold symptoms start, be sure to stay warm, get plenty of rest, and eat nutritious meals.

8

I have difficulty falling asleep, and I wake up early in the morning.

なかなか寝られなかったり、朝早く目が覚めたりする

→When you can't stop worrying about problems, concerns, or difficulties that you are experiencing, you may have trouble falling asleep, wake up during the night, or have nightmares. Light reading, music, aromatherapy, stretching or other relaxation techniques that work for you are effective ways of coping with this type of stress. If you try relaxation techniques but still have problems sleeping, this may be a sign of illness. Be sure to consult a doctor in this case.



9

I do not have much appetite.

食欲がない



→Could your lack of appetite come from eating the same meals every day? If, however, you are anxious or can't stop worrying about certain things, food can begin to taste bad, and your appetite can fade. If your appetite does not return and you begin to lose weight, you must take action immediately.

10

I have experienced menstrual irregularity.

生理が不順である

→A woman's menstrual cycle is a barometer of her health.<sup>5</sup> Tension, stress, and drastic diets can stop a woman's menstrual cycle. If nothing is done, her bones could weaken; her ovaries could shrink; and she could become unable to get pregnant. If you have not had your period for more than three months, talk to someone or consult a doctor.

5

A barometer of health is used to judge how healthy a person is. A regular menstrual cycle indicates good health.

# B

## Your Mental Health during the Past Month

さいきん げつかん あなたの きもち  
最近 1 か月間のあなたの気持ちについて

1

I find myself wanting someone nearby to talk to about my problems.

そうどうもいて ひと そば  
相談相手になる人が側にいてほしいなと思う

→You may be able to talk with friends and family back home by telephone or the Internet, but the long distance can still leave you feeling anxious. The people around you here in Japan may be able to understand more quickly and respond more appropriately to certain problems than people who are far away. In these cases, talk with your internship adviser or interpreter. It is also important to make friends with whom you can talk about anything.



2

I get irritated or frustrated because I do not understand Japanese.

にほんご  
日本語がわからず、イライラする



→It can be easy to depend on trainees who arrived before you or other trainees in your program who speak Japanese well to communicate for you, but it is important to try to speak Japanese yourself. If you don't understand what someone says to you, there is no shame in Japan in saying, "Mo ichido oshiete kudasai" (Please explain that again). Ask the person to repeat what they said as many times as you need until you understand. There are many things you can do to improve your Japanese. Keep a diary or start conversations with Japanese people, for example. The key is to not quit studying Japanese.

3

I get lonely and feel sad.

こどく かん  
孤独な感じがして、気持ちが落ち込む

→Are you homesick and wanting to see your friends and family? Everyone feels lonely from time to time, and if we do not have someone who we trust to listen to what we are feeling, we can feel isolated. Having someone listen to you can lift your spirits and lighten your mood. Talk with your friends and family on the telephone. It is also helpful to talk with your fellow trainees.

If the symptoms listed for any of these items continue over time, ask your internship adviser for more advice.



4

I get depressed and do not want to leave my room.

ゆううつで、会社に行きたくない

→Is there a reason why you do not want to go to work? There are many possible reasons for this. Perhaps you don't feel well or something unpleasant happened at work. If you know why you feel this way, then make an effort to deal with the situation immediately. When you take time off from work, it is important that you file a notification for leave of absence in advance or call your worksite as soon as possible. Be sure to explain your situation and always follow the company's rules.



However, if just the sight of the building where you work makes you upset, makes you start to shake, or makes you unable to move, this could be a sign that stress is causing you mental distress. In this case, it is essential that you immediately consult with someone and find a way to relieve this stress.

5

I worry about what is happening at home (family, boyfriend/girlfriend, loans, other) and think about it at work.

ほくこく かぞく こいひと しやっきん た しんぱい し ことちやう き  
母国のこと（家族、恋人、借金、その他）が心配で、仕事 中も気になる

→Is concern about something or missing your family making you homesick? At times like these, we tend to become careless at work or in our personal lives. You must pay attention to your actions to prevent any accidents. You may not want to talk to people about your boyfriend/girlfriend, loans or other private matters, but talking to someone about these problems can help you feel better. It is good to make friends who you can talk honestly with and who will sympathize with you.



6

I become very upset or worried when someone at work or another technical intern trainee criticizes me.

かいしゃ ひと ほか き のうじっしやうせい ひ ほん  
会社の人や、他の技能実習生から批判されると、とても気になる

→No one likes being criticized by others, even about small things. But, before you get angry or depressed, take some deep breaths and try to calm down. These situations tend to become larger problems when we don't understand the other person's personality or viewpoint. It is important to build good communication<sup>6</sup> and learn to understand each other.

6

Communication means conveying to each other one's own true thoughts and feelings.

7

I become angry and argue with those around me.

はら た 腹を立てたり、まわ りと ぐち 周りの人と口げんかをすることがある

→When you are dealing with a number of different things that have hurt your feelings, small things can make you angry and lead to arguments. It could be that you are not getting along with the people around you. To avoid getting into serious fights, it is important to think clearly about why you are feeling this way. It can be good at times like these to bring in your internship adviser or interpreter to mediate.



8

I do not feel like I can trust those around me.

まわ りと しんよう 周りの人を信用できないと感じる

→When you feel like someone's ideas are very different from your own, it can be difficult to trust them. If you do not trust other people, you may feel that you have to do everything on your own, and this can cause emotional fatigue or stress.

Communication<sup>6</sup> is important. Try to engage people in conversations to understand the different viewpoints, priorities, and values that people have. It is important that you are open to others, as well.

If the symptoms listed for any of these items continue over time, ask your internship adviser for more advice.

9

I feel nervous and edgy due to anxiety.

ふ あん き ち 不安で、気持ちが落ち着かないことがある

→It is important to know what is making you nervous. Different things cause different people anxiety-not being accustomed to a new environment, having trouble remembering what you are learning at work, not understanding the Japanese language, or not fitting in with the group. If you know what is causing your anxiety, you can try to deal with the problem. Solving the problem will give you confidence and relieve your anxiety.



10

I have a vague feeling that daily life is uninteresting.

なん まいにち せいかつ おもしろ 何となく毎日の生活が面白くないと感じる

→Do you feel like you are doing the same things every day and that makes you dissatisfied? Day-to-day life can become uninteresting if you are not satisfied with what you are doing.

It is good to spend your days off doing something different. Take up hobbies; play sports; get out into nature; or learn about Japanese culture. Hobbies and sports make life more fun, and your days will be richer.



## C

### Your Workplace, Work Duties, and Accommodations

あなたの<sup>さぎょうば</sup>作業場や<sup>しごと</sup>仕事・<sup>しゆくしゃ</sup>宿舎について

See the list below for advice on items where you checked “yes” or “sometimes.”

Note: Advice is given for items 1 and 5 only.

1

I have trouble remembering the tasks I am taught.

<sup>しごと</sup>仕事<sup>おぼ</sup>がなかなか覚えられない

→What could be causing you to have trouble remembering what you are taught? Think carefully about why you are having trouble with this and try to find a solution. In order to do this, talk honestly with your technical intern training coordinator about the training you are receiving, the way you learn best, and the way you are being taught. Work together with your supervisor to improve the situation.

If you have only recently arrived in Japan, remember that it will take time for you to learn these new skills. Do not worry. Keep working on and remembering what you are taught. It will get easier as you become accustomed to the environment.



5

I have difficulty understanding the explanations of my work duties or instructions about procedures.

<sup>さぎょう</sup>作業<sup>かた</sup>のやり方や<sup>てしゆん</sup>手順<sup>しし</sup>の指示がわかりにくい

→Continuing to work without a proper understanding of the tasks can lead to accidents and other trouble. It might take a little courage, but talk honestly with your technical intern training coordinator. Tell him or her that the instructions are difficult and ask for more explanation until you understand. Depending on the task, suggest practical solutions — receiving instructions in your native language or other ways to make it easier. It is also effective to have your coordinator demonstrate the task for you and then for you to repeat the task after you have watched it being carried out.

# D

## Friends, Family, and Colleagues

あなたの周りの人々について

→To live overseas for technical training without becoming stressed, it is absolutely essential that you need support and help from those around you. To provide this support,<sup>7</sup> you have technical intern training coordinators in the workplace, as well as internship advisers and interpreters to help you in your daily life. Please feel free to consult with them whenever there is something that you do not understand or something you are struggling with.



### At Work and at Home

仕事や日常生活で

→It can be difficult to ask for help if you feel that you cannot ask for help in Japanese or it is difficult to approach people. This can leave you at a loss when problems come up. The first step is to take the chance and speak up. People will surely be pleased if you ask for help, and in turn, they will want to help you by giving advice.

### Personal Struggles, etc.

個人的な悩みなど

→It is difficult to talk to people about troubles in your heart or problems with family. But dealing with things all alone and worrying continuously can lead to mental and emotional illness. Talking with people will not necessarily solve your problems, but it can help lighten your mood. You may find the answer to your problem once your mood improves. Try to make friends you can tell your troubles to and who will sympathize with you.

It is also good to listen to others' problems and try to help those who are struggling. It is very important for everyone's mental health that you support and encourage each other so that you can do your best.



7

Support means to help and assist.



# IV

## Self-Care for Mind and Body

こころ  
心 とからだのセルフケア

Self-care means truly understanding your own state of mind and physical health, deciding how best to keep yourself healthy and taking the steps you need to do so.

Check in with yourself periodically to see if you are living a balanced life-getting enough sleep, eating a proper diet, and exercising. What should you do, what can you do if you feel there is a problem? It is important to take it step by step and do whatever you are able to do. Below is a list of the things you can do for yourself to keep yourself mentally and physically healthy.

### 1

#### Simple Methods of Stress Relief that Anyone Can Do

だれ  
誰でもできる

かんたん  
簡単

かいしょうほう  
ストレス解消法

You don't need time or money to release stress. You only need to change your frame of mind. It is important to take short breaks to relax and have fun.

##### Laugh and Connect!

わら  
かんどう  
[笑う・感動する]

Watching your favorite TV show can help you unwind. Comedy shows are even more effective. If you don't understand Japanese well yet, you can relax by watching movies on DVDs that you brought from home. Relax and relieve your stress by laughing and connecting with the characters on the show to mind off your troubles.

##### Talk and Sing!

おしゃべりする、うた  
[おしゃべりする、歌う]

Karaoke is popular among technical interns. When you don't have time to go out to karaoke, you can relax the same way by singing in the bath or shower. Talk with your friends and family. Having good conversations can put you in a good mood.

##### Eat!

た  
[食べる]

A snack during breaks is something pleasant to look forward to. Even snacks from the convenience store can be a nice change of pace. It's a service you do for yourself.

### Try them out!





## Play!

あそぶ  
[遊ぶ]

You can find entertainment without buying expensive games and toys. Get together with other technical interns to play games you can buy at the 100 yen store.



## Go out!

でかける  
[出かける]

Going for walks in your neighborhood, taking pictures of park flowers or scenic landscapes, or looking out at the scenery from the train or bus window provides a nice change of pace. Enjoy these small trips. They will give you nice memories of Japan to take home with you.



## Exercise!

うんどう  
[運動する]

Exercise and sports are also very effective ways to release stress. Exercises that are easy to do and don't take much time, like yoga, calisthenics, or walking, are good. And sports that you did back home like Tai Chi or basketball are familiar and fun.

Your favorite activities are the best way to relieve stress.

じぶんずいちばん  
[自分の好きなことが一番]

Beyond the techniques listed here, the best way to relieve stress is to enjoy your favorite activities. Read a book; listen to music; sing a song; do needlework; or go fishing with friends. The things you like to do most are great ways to take a break and refresh yourself mentally and physically. These activities will brighten your mood.



## 2

### Have Fun Communicating in Japanese

日本語で、楽しくコミュニケーションしよう

Speaking and understanding Japanese is a source of stress for most technical intern trainees. But the better your Japanese, the more fun you will have while you are here. To improve your Japanese, it is important to go ahead and speak without feeling embarrassed or worried about making mistakes. Try speaking just a little every day with people at work, in your neighborhood, and at the store. Your Japanese will gradually improve. The most important thing is that you want to speak and understand Japanese.

- When you don't understand something in Japanese, try saying, "Wakarimasen" (I don't understand).
- 日本語がよくわからないとき、「わかりません」と言いましょう。

Do you sometimes say that you understand something even if you don't? If you don't understand, try saying, "Wakarimasen. Mo ichido onegaishimasu" (I don't understand. Please repeat that.) so that they will explain to you what they just said.

At work, it is important to be clear about whether or not you understand something. It is the same at the store. If you say, "Wakarimasen," the person will use easier words. If you don't understand Japanese now, don't give up. Your Japanese will gradually improve if you continue to talk with people.



- Supermarket fliers and pamphlets can help you communicate with people.
- スーパーのチラシやパンフレットを使うと、話がしやすいです。

"I want to speak in Japanese with Japanese people, but I don't know what to talk about." At these times, show someone a supermarket flier or a travel brochure and ask about the words or products on it that you don't know. This will give you the opportunity to have a conversation.





● Ask about words you don't understand and record them in a notebook.

● わからない言葉<sup>ことば</sup>を質問<sup>しつもん</sup>して、辞書<sup>じしょ</sup>を作<sup>つく</sup>ってみませんか。

Write down the words you don't understand that you hear at work, hear on TV, or see around town. Ask the people around you what they mean. After they explain them, make a note of what the word means in your own language. Once you have enough words written down, you will have your own dictionary. People will be happy to help if you tell them you are creating your own dictionary. And your dictionary may just help the people at the company and the technical intern trainees who come to Japan after you.



# 3

## A Healthy, Well-regulated Lifestyle

きそくただ せいかつ  
規則正しい生活を

A well-regulated lifestyle is essential for staying healthy. Check in with yourself periodically to see if your routine gives you a balanced diet, enough sleep and enough exercise every day.

### ① Diet しよくじ 食事

Eat three meals a day. Most importantly, eat breakfast, which is the proper start for a good day.

Eat well-balanced meals that include meat, vegetables and fruits.

Oil is high in calories, and eating too much of it will turn oil to fat, which will build up in your arteries and body. Limit your intake of oil and use vegetable oil whenever possible.



### ② Sleep すいみん 睡眠

Sleep is a stress release and also an extremely important way to get your energy back after a tiring day. Try to get around seven hours of proper sleep a night.

With a proper night's sleep, you wake up feeling refreshed in the morning and do not need to nap in the afternoon.



### ③ Exercise うんどう 運動

Exercise not only relieves stress, but it is also an effective way to stay healthy. It improves circulation and metabolism, enhances beauty, and is an effective way to prevent stiff shoulders.

It is important to continue to exercise. Start with something easy like walking or stretching.



## To All Technical Intern Trainees

ぎのうじっしゅうせい みな  
技能実習生の皆さんへ

Finally, a message to everyone on the technical training program in Japan.

Do not forget your purpose for coming to Japan and what you have dreamt of accomplishing. Stay physically and mentally healthy and enjoy your time here. We hope you will create many fond memories of Japan and make good friends while you are here.

### Counseling

そう だん さき  
相 談 先

If you are struggling with something at work or in your daily life, contact any of the people listed below as soon as you feel that you need to talk with.

#### Consult the adviser at your organization

For problems or difficulties related to daily life in Japan, first consult the adviser responsible for assisting technical intern trainees' daily life.

For problems or difficulties related to work, first consult your technical intern training coordinator.

#### Use the counseling system at your supervising organization

Consult with your interpreter or a counselor who speaks your native language.

It may also be good to consult with someone during instructional visits or inspections by your supervising organization.

#### JITCO Counseling

We provide counseling in a trainee's native language. Contact us whenever you feel the need.

Counseling hotline → Toll-free 0120-0222332

General reception → 03-6430-1111

Chinese/Vietnamese: Tuesdays, Thursdays, Saturdays

Indonesian: Tuesdays, Saturdays

Filipino: Thursdays

Please check the JITCO website for information on counseling hotline hours.





**JITCO**

This pamphlet was commissioned by the Ministry of Health, Labour, and Welfare.