

# Stress Management Program

24<sup>th</sup> June 2017  
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## ●Participants learned the following workshops.

- How to contribute their mother countries through lots of Yumiko's experiences.
- From the data of Ministry of Health, Labor and Welfare, let them know the importance of Stress management in Japan
- The basics of the mental / physiological mechanism of stress related issues.
- A stress management technique to handle themselves and others in stressful situations at work and at home.
- Creating improved team spirit and high engagement through a solution-focused psychological technique.

## First impression in Japan

"On the bus and train many Japanese looks tired, quiet, no laughing."



"Understood how important  
Solution Focused Approach is!!"

## ~Yumi's message~

Don't forget Plan, Do, Check, Action to get your dream come true.  
I think Japanese people lost own stress management when our economical developments.  
I don't want to do the same things in your country.  
Don't forget stress management is the big element for your country growth!!  
I hope you to take care of your self and study hard.  
Please put an effort to contribute with your country.



*AUW 来日研修 mental health program*