

# Peer Newsletter

Health and Counseling Center  
Counseling and Support Division, Peer Consultation

DEC 2021

12月

Vol. 7: Christmas is coming again!



## Next Leisurely Peer Salon

### “Let’s look back on the year 2021!”

There have been many events this year, such as the continuing fight against COVID-19 from last year and the Tokyo Olympics. We are sure you all had your own thoughts and feelings about what was fun, what was tough, what was a new challenge, and what you could have more of. Why don't we look back on various aspects of this year like what kind of year it was for you and for everyone, and get ready for the end of this year and the beginning of the new Year? Let's have a relaxed chat :)

●Date & Time: **December 17 (Fri.), 13:30-15:00** ●Apply By: **December 14 (Tue.)**

●For: **Osaka University students**

●Preparation: None in particular (Please prepare a PC for ZOOM participation)

●Location: Web Conference Service "ZOOM"

\* If you would like to participate between classes, you can use ZOOM from the conference room on the 3rd floor of the Toyonaka Student Exchange Building (Room 304). If you wish to join us this way, please let us know when you apply.

●Apply: Please email [seikatsu-stu@ml.office.osaka-u.ac.jp](mailto:seikatsu-stu@ml.office.osaka-u.ac.jp) with your ①Name, ②Student ID Number, ③Academic/Research Dept., ④Academic Year, ⑤Contact information) (Max. 6 participants for event reasons)

●For inquiries: **06-6850-6651**

\*The event will be held in Japanese.

## Review on the previous events

### Leisurely Peer Salon Vol.7

“It’s been 6 weeks since the second semester started! Take a break!”

The sixth Leisurely Peer Salon of the year, “It’s been 6 weeks since the second semester started! Take a break!” was held from 1:30 p.m. on Monday, November 15.

Two students and one peer advisor participated for an hour and a half to talk in a relaxed atmosphere. We were able to share a wide range of topics, from what they felt about the increase in face-to-face classes from online classes to their hobbies, and I believe the participants had as pleasant a time as we, the peer advisors, did. It's great to be able to share how other people enjoy their leisure time as it's still hard to relieve stress as much as we'd like in this time of the pandemic! In the future, we will continue to plan events like this to suite the season, so please feel free to join us!

### Peer Station Cafe Vol.4

“Gather, those who tend to keep it all to themselves!”

On Friday, November 26, we held the fourth Peer Station Cafe of this school year. This time, one student and two peer advisors talked about the theme of “keeping things to yourself”. The 90 minutes flew by as we talked about numerous topics such as what to do when you have trouble holding things in, how to deal with it, and various thoughts about consulting others.

Asking for advice is a form of self-care, but we don't usually pay attention to self-care. We, peer advisors, were also able to think about who we can ask for help when we feel like things are exceeding our capacity or when we just want to ask for advice. I hope we can talk about themes that will make you stop and take a breath in the future, too. We look forward to your participation again!

## What is "Peer Postbox"?

Do you ever feel you have **something on your mind** that you can't usually ask out loud, but still want to ask someone about? If you **submit such a question using the QR code** at the bottom right, Peer Advisors who are graduate students majoring in clinical psychology will think about it and answer it in a **special issue of Peer Newsletter**.



Examples of previous posts (partial summary) [Details](#)

Search at **Health and Counseling Center's Website** (<https://hacc.osaka-u.ac.jp/ja/>) for

 


I can't clean my house. I live in a dirty room (*obeya*). Please cast a spell on me to help me clean it up.

After entering the graduate school, I got tired of the endless series of steps to my goal.



Although we may not be able to answer all the questions, please read **the notes** carefully and feel free to bring them up.

★The next round of questions will be answered in **January**. (**The deadline is the end of December**)★

## What is "Peer-Tomo\*"? (Peer sultation)?

\*"Tomo" is the abbreviation of "Tomodachi" meaning "Friend(s)" in Japanese

- ◆ At the Health and Counseling Support Center's Counseling and Support Division, we, "**Peer-Tomo**", offer individual consultations on all aspects of student life. Our counselors major in clinical psychology at our Graduate School of Human Sciences. They are graduate students themselves acting as your **Peer Advisors**(counselors) along with instructors.
- ◆ We **handle various student life issues** related to, not only school work, academic path, interpersonal relationship worries, etc., but also cult organizations, consumer troubles, student group activities, financial troubles, and so on.
- ◆ We also hold "**Peer Station Café**" and "**Leisurely Peer Salon**" events monthly or bimonthly, where you can interact with fellow students through the sharing of common experiences. It provides a place where fellow students can interact with each other through sharing an experience different from the daily norm.
- ◆ In addition, "**Peer Postbox**" is held on an irregular basis, where we call for casual "posts" on Google Form, and peer advisors reply to them in the peer newsletters.



## Open Hours, Locations, and Contact Information

|         | Toyonaka Campus                                                | Suita Campus |
|---------|----------------------------------------------------------------|--------------|
| Hours   | 13:00 ~ 17:00                                                  |              |
| Days    | Mon, Wed, Fri                                                  | Thu          |
| Contact | (06) 6850 - 6651<br>campuslifekenkou-peer@office.osaka-u.ac.jp |              |



Toyonaka

Student Service and Union, 3rd Floor



Suita

Cybermedia Suita Educational Training Center, 2nd Floor

<https://hacc.osaka-u.ac.jp>



## 🌸 Mental Wellness Check 🌸

- It is hard to wake up in the morning.
- Though I believe I slept well, I don't feel refreshed.
- I am told that my face seems pale by others around me.
- I have continued unexplained pains such as headaches or backaches.
- My room hasn't been tidied.
- It feels like a bother to go to school.
- I can't readily make decision on anything.
- Times when I feel irritated or anxious have increased.
- I have an unusually strong appetite or loss of appetite.

How many of these apply to you? During these hectic days, please try listening to that little voice inside your heart.