

Harassment Counseling Office Newsletter

Issue 35
July 2022

Here is the 35th newsletter
from the Harassment
Counseling Office.

A word from our counselors

The Power of Resilience—Protecting yourself from Harassment

Recently, there have been many articles about resilience skills being necessary to handle harassment. Resilience is a word used in the field of physics to mean bounce, flexibility, recovery, and restoration. Therefore, the term is also used to describe the ability to quickly recover from a difficult problem, circumstance, or stressful situation.

Dr. Karen Reivich of the University of Pennsylvania, a leading researcher in resilience studies, identifies eight components of resilience: self-awareness, self-regulation, mental agility, optimism, strengths of character, connection, biological factors (genes), and social institutions such as families, communities, and organizations. The first six factors, excepting biological factors and social institutions, are key to personal resilience. These are all familiar terms, but we will outline their relationship to the power of resilience.

1. Self-awareness

This is the correct assessment of your own emotions and thoughts, your strengths and weaknesses, your values and life goals. When adversity strikes, correctly recognizing your emotions, whether you are angry, sad, or in pain, is the first step to getting back on your feet.

2. Self-regulation

The basis of resilience is self-awareness of one's emotions and thoughts in times of adversity, and then controlling them and taking appropriate action. Self-regulation allows one to appropriately control one's emotions, thoughts, and actions in response to the situation.

3. Mental Agility

Mental agility is the ability to determine the essential causes of an adverse situation without panicking or becoming emotional, and to respond quickly with appropriate solutions. This skill enables us to see things from multiple perspectives and respond in a realistic, objective, and practical manner.

4. Optimism

Optimism is having confidence that the future can be made better. It leads to the ability to cope with stress by viewing it not as a threat, but as a challenge for one's own growth.

5. Strengths of character

This is the confidence that "you can do it if you try," when facing a problem, this then allows you to act courageously in the face of adversity. If you can overcome challenges, your confidence is reinforced and becomes a source of action.

6. Connection

This is "connection with others." In times of adversity, just having someone by one's side can be a lifesaver. Having trusted friends and supportive relationships is an asset that a person possesses. Connections are not limited to relationships, but also include travel, walks, and hobbies.

Continued overleaf

Harassment is horrific and should be eradicated, but by all means, we must avoid having our lives ruined by it. With the above skills, you can expect not to be destroyed by harassment issues.

The world recognizes Japan as a resilient nation because of our commitment to reconstruction efforts without problems such as rioting even after disasters such as the Great East Japan Earthquake, typhoons, and torrential rains. I introduced this article in the hope that everyone at the university will maintain a good environment.



Harassment Counseling Offices

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	Harassment Counseling Office 1 Room #704, 7F, Interdisciplinary Research Building 06-6850-5029		10:00-13:00	12:00-15:00	11:00-14:00	10:00-13:00
	Harassment Counseling Office 2 2F, Data Station, Cybermedia Center 06-6850-6006			12:30-18:30		
	Harassment Counseling Office 3 2F, East Staircase, Health and Counseling Center 06-6850-6505	10:00-13:00				
Suita	Harassment Counseling Office 1 Room #1311, 3F, Division of Nursing Building 1 06-6879-6981			9:30-12:30		11:00-14:00
				15:30-18:30	15:30-18:30	15:00-18:00
	Harassment Counseling Office 2 Room #1312, 3F, Division of Nursing Building 1 06-6879-6982 Male counselor (power harassment, academic harassment)		9:30-13:00		9:30-12:30	
		13:30-16:30	14:00-16:15	**Open for counseling on the dates listed below.		
Minoh	General Harassment Counseling Office 1F, Research and Education Hub 072-730-5112			14:15-17:15		

** Open from 13:30~16:30 on April 27, May 25, June 29, July 20, August 31, and September 28 for counseling regarding all types of harassment.

- Consultations with a professional counselor may be in person or by telephone (appointment required)
- Confidentiality is guaranteed. Anonymous consultations by telephone are welcome.
- Consultations for all types of harassment are available at Toyonaka and Minoh campus counseling offices as well as Suita Campus Harassment Counseling Office 1 (female counselor)
- See the Osaka University website for details on the locations, opening hours, and availability of consultations in English.

https://www.osaka-u.ac.jp/en/campus/life/prevention_sh/prevention_sh

