

## Introduction

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You experience a lot of stress in college. Even if you deal with it by yourself, sometimes you can't deal with it by yourself and you don't know what to do anymore, or do you have a mental problem? Many students are worried about this.

At that time, the Campus Life and Health Support Center conducts interviews with doctors and counsellors and introduces them to people with mental illness. However, when you go to a consultation, you don't know what you're going to hear, or you don't know how to talk about your problem, so it's hard to go for a consultation. So, here are some explanations for mental illness. If you have any items that apply to you or your friends, please feel free to contact the Campus Life and Health Support Center. Even if it doesn't apply now, it might be useful in the future if you know. Please read it once by all means.



## Welcome everyone

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### [Contact us at Center for Health Sciences and Counseling]

○Mon. – Fri. 9:00-17:00  
○<http://www.chc.kyusyu-u.ac.jp/>

**Center for Health Sciences and Counseling**  
(2<sup>nd</sup> floor, Big Sand) 092-802-5881

**Center for Health Sciences and Counseling,  
Center Zone, Ito Campus**  
Ito Center Zone (1<sup>st</sup> floor, Center Zone 1) 092-802-5859

**Center for Health Sciences and Counseling,  
Ito Campus West Zone**  
Ito West Zone (3<sup>rd</sup> floor, West Zone 3) 092-802-3297

**Center for Health Sciences and Counseling,  
Hospital Campus**  
(1<sup>st</sup> floor, Building of Administrative  
Offices of Research and Education) 092-642-6889

**Center for Health Sciences and Counseling,  
Chikushi Campus**  
(old health science center) 092-583-7685

**Center for Health Sciences and Counseling,  
Ohashi Campus**  
(2<sup>nd</sup> floor, Design Commons) 092-553-4581



### Selfcare series for students

[Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
5. How to get over failures
6. How to deal with parents during adolescent year
7. How to control anger
8. Transfer students
9. How to manage your schedule
10. Friendship at the university
11. Quit the university?
12. For students that plan to study abroad

[Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

Source: Center for Health Sciences and Counseling, Kyushu University.  
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Selfcare  For students

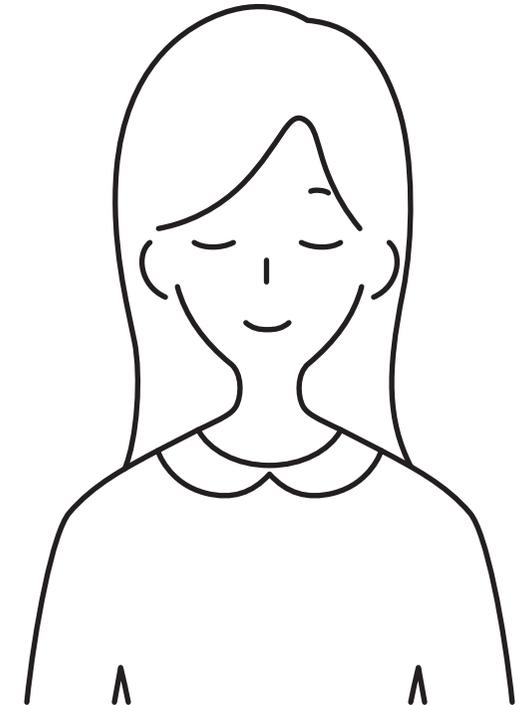
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Mental and physical health 9

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# Nerves and Self-Reliance Training

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This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

**Kyushu University**

Center for Health Sciences and Counseling

# Self-reliance nerves and self-reliance training methods

There are two kinds of nervous systems in the nervous system distributed in the whole body, that is, the peripheral nervous system. One is a nerve called the somatic nerve, which is connected to skeletal muscle, skin, controls movement and perception. It is related to one's intention, consciousness and it is possible to control it to some extent. The other is the autonomic nerve, which is involved in controlling the functions necessary for the maintenance of life, such as blood pressure, body temperature, breathing and gastrointestinal activity. To maintain life 24 hours a day, it is working autonomously, regardless of intention, even during sleep. The autonomic nerve is further divided into sympathetic and parasympathetic, both of which are in harmony with the changes in their activities. Roughly speaking, the sympathetic nerve works in the direction of consuming energy and the parasympathetic acts in the direction where energy is accumulated. Normally, sympathetic nerves are dominant during the day or when the body is active, while parasympathetic nerves are dominant at night and rest. However, if your lifestyle becomes irregular or you are under intense stress, the harmony between the two will be disturbed and sympathetic and parasympathetic nerves will always be dominant, causing high blood pressure and standing disorder. Autonomic schizophrenia is a typical example of this. It exhibits symptoms following the control of the autonomic nervous system that causes ataxia, but there are many

symptoms called indefinite complaints such as headache, insomnia, palpitations, diarrhoea, constipation and cough. It is important to try to live a regular life so that the autonomic nerve is not disturbed so that it is possible to work regularly to some extent because it is not possible to train the independent nerve directly by one's will like the muscle training and not to suffer the adverse effects of stress as much as possible. Nevertheless, the relaxation method, called the autonomous training method, is useful as a method for indirectly training the autonomic nerve.

The autonomous training method is practised in the procedure shown in Table 1. Close your eyes and recite the background formula several times in your mind. If you practice three or four times a day in about five minutes, you will be practising your arms on the other side and the legs on the other side. It is important to practice with a vague eye on the feeling of your arms and legs, rather than focusing on them. Once you understand the weight of both arms and feet, practice from the right arm to both feet by paraphrasing "heavy" to "warm" in the same way. If we can master this autonomous training method, we know that not only can autonomic nervous system stabilize, but also fatigue, improve mental state, improve productivity and achieve various effects. It is recommended that you practice patiently to maintain your health ahead of your life.

**Table 1. Practice procedures for autonomous training**

- 1. keep in your posture and close one's eyes**
- 2. "I'm calming down", he says several times in his mind (background official)**
- 3. "The right arm is heavy," he says several times in his heart.**
- 4. Open your eyes by performing erase operation (opening and closing hands, arm flexion, stretching, etc.)**

**((1) to (4) repeated several times)**

