

Let's start with greetings

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Having good communication with the people related to your daily life is very important from the perspective of managing your physical and mental health. It is not an overstatement to say that trustworthy relationships begin with greetings.

First, let's start with greeting each other confidently and with a smile, if possible. Whether you're doing well or not, when you meet not only close friends, but also friends who aren't very close to you or who you have a slightly awkward relationship with, or when you're at work, regardless of whether it's your boss or coworkers, be sure to greet them clearly so that they can hear your greeting. When you receive a greeting, be sure to respond with a greeting. If it's still difficult, please respond with a kind nod.

Greetings have many effects in our daily life. First, greetings give energy to you and everyone around you. In addition, responding to greetings can easily lead to a conversation and make you feel a connection with each other. Even if it doesn't lead to conversation, it will give each other a sense of comfort and lead to stress relief. These effects create motivation for daily activities, promote work, and lead to increased work efficiency.

Also, the good thing about greetings is that you can start doing it as soon as you want, with a little courage, and it's free.

However, one thing to keep in mind when greeting is that you may tend to expect a response to your greeting, but don't expect too much. Not only do we all have good days, but we also all have days when we tend to feel depressed or are not feeling well, so there might be days when it is difficult to respond to greetings. Also, maybe they couldn't hear your greeting, or maybe their voice wasn't heard even if they responded. So, don't be discouraged by the lack of response to your greeting, and keep trying. I'm sure you'll be able to say hello to each other someday.

If someone doesn't respond to your daily greetings, they may not be good at greetings, or they might be worried about something. It might be a good idea to gently ask the person how they are feeling.

Let's try starting by including greetings in your daily life, even if you've never been good at greetings or didn't care about the importance of greetings. I believe that your daily life will be changed by continuing to greet people.

If you have any questions, please consult with the Health Care Center, TUFS.