

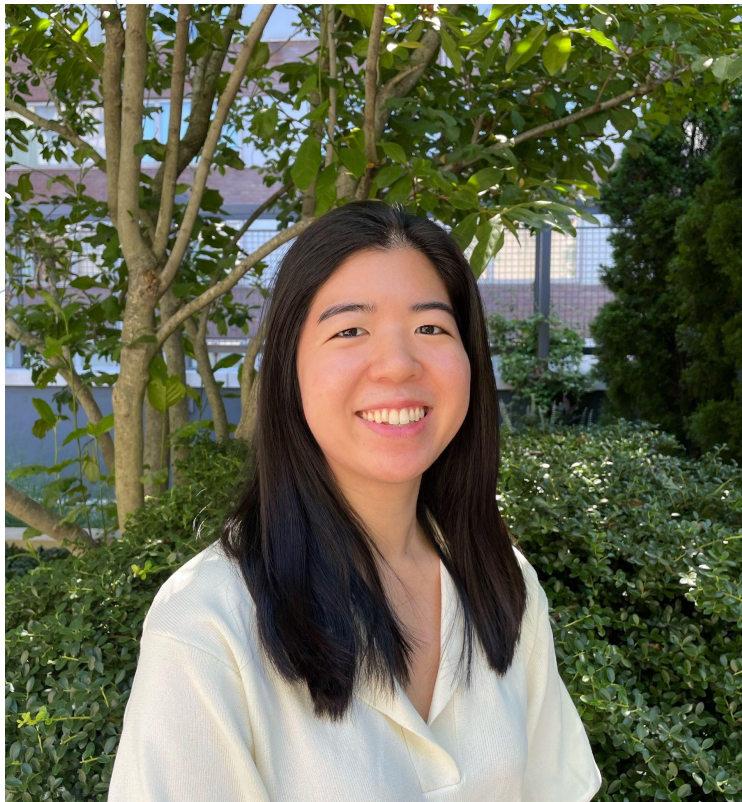
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Helping Gen Z Find Optimism Through Japanese Perseverance in the Age of Uncertainty

Presented by Kaki Okumura





Hi, I'm Kaki!



To be a Gen Z-er is hard.

Ukeire (受け入れ): acceptance



Ukeire comes from a history of uncertainty





Allow the situation to be as it is, and relax in that peace.

A hard but important lesson:

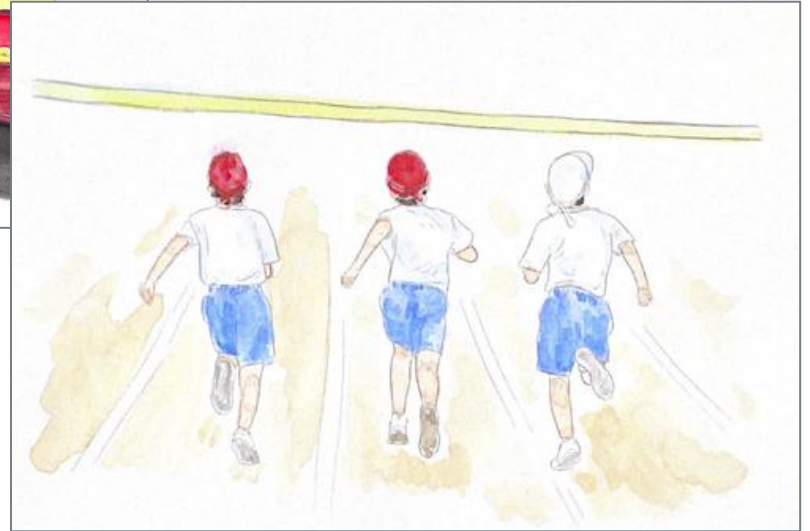
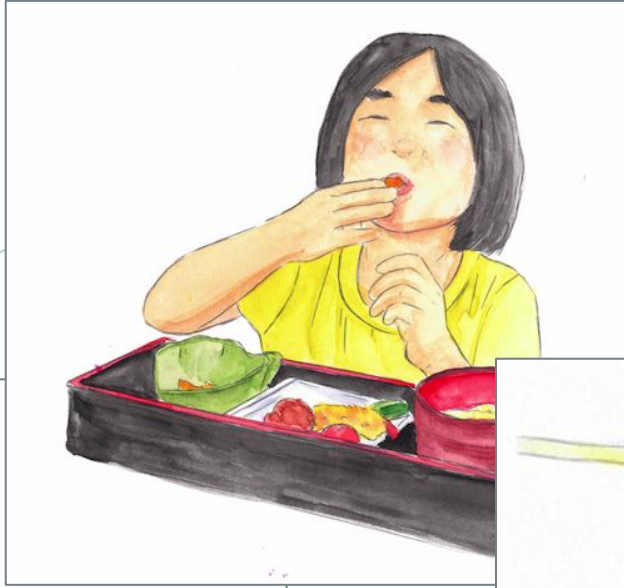
**Sometimes we are responsible for addressing
the things that are out of our control.**

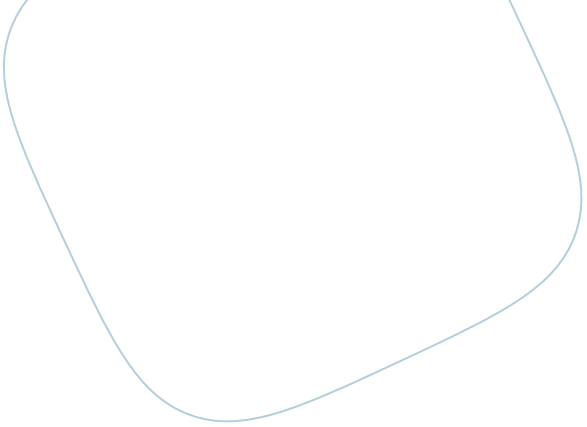


But if taking action doesn't come
naturally to us?

Good health creates the foundation for
perseverance.







I'm not the healthiest person—
am I doomed?



Here are some things you can do:

1. Start your morning with a 3-min stretch
2. Do some breathing exercises before you open your email
3. Take a walk around the block during a lunch break
4. Add an extra cup of vegetables to your meals (frozen works great! I often do this with pasta sauces or stews)
5. Replace your soda or juice with water
6. Get into bed 30 minutes earlier
7. Spend 5 minutes tidying up a corner of your room

Final takeaways

1. You don't need to be positive all the time
2. Acceptance is empowering
3. Our health is fundamental to how we see and interpret the world. If you're struggling, start there.

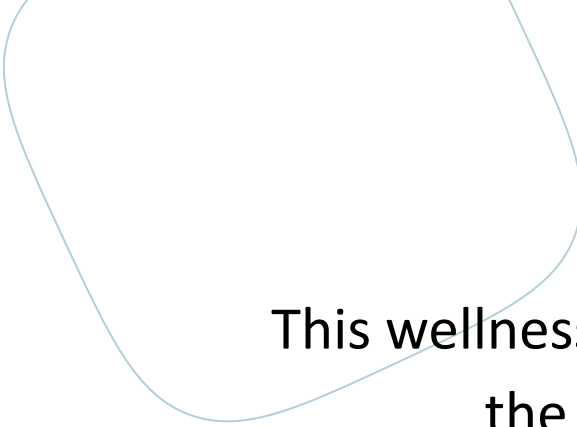




Ukeire (受け入れ)
: acceptance

If you enjoyed this session, I recommend you:

- Subscribe to my newsletter at <https://kakikata.ck.page/>
- Follow me on Instagram [@kakikata.space](https://www.instagram.com/kakikata.space)
- My book “Wa: The Art of Balance” is available on [Amazon!](#)
 - Find a way to live healthfully, in a way that brings you joy
 - Discover greater physical and mental well-being
 - Learn to build meaningful relationships



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