



JMSA & Nippon club co sponsored health webinar series



2026 Theme – Prevention –

Management of Stress and Trauma: *How to care for your mind and body*

ストレスとトラウマの管理：
心と体のケアガイド

*A healthier mind
leads to a
brighter tomorrow*



Date & Time

**Thursday,
October 22, 2026**

7:00 – 8:00 PM EST



Online via Zoom

(Registration required)

オンライン (Zoom) で開催
(要事前登録)

Register Now →

Join us for an informative and supportive webinar to learn practical strategies for a healthier, more resilient you.

より健康でしなやかな自分のために、実践的な方法を学ぶウェビナーです。



SPEAKER

Kumi Yuki, MD

Assistant Professor
Psychiatry and Family Medicine
Mount Sinai Doctors Medical Group

ABOUT DR. KUMI YUKI

Dr. Kumi Yuki is a double board-certified physician specializing in Family Medicine and Psychiatry. She earned her medical degree from Nagoya City University in Japan and completed her advanced combined residency training at the University of Iowa Hospitals and Clinics, where she served as a chief resident. Currently, she serves the Mount Sinai Medical Doctors Group in two capacities: as a Virtual Primary Care physician and as a psychiatrist within the Integrated Psychiatry clinic.

結城医師は、家庭医療学と精神医学の双方で米国専門医資格を取得しており、現在はマウントサイナイ・メディカル・ドクターズ・グループにて、オンラインの総合診療科でプライマリケアおよび精神科医として診療にあたっています。名古屋市立大学医学部を卒業後、米国アイオワ大学病院にて家庭医療・精神科合同専門医研修を修了しました。

ABOUT THE LECTURE

This presentation provides actionable insights and evidence-based strategies to help you understand, navigate, and recover from daily stress and trauma. It explains how chronic stress impacts mental energy and decision-making while offering practical frameworks for setting healthy boundaries. To manage acute stress in real time, the presentation introduces simple grounding techniques—such as physiological sighs and cold-water resets—that quickly restore focus and calm. Finally, it outlines daily self-care pillars to support long-term well-being and resilience.

このプレゼンテーションでは、日々のストレスやトラウマを理解し、回復へと導く方法をご紹介します。慢性的なストレスが精神にどのような影響を与えるかを学ぶとともに、より健康的な物事の線引きの仕方考えます。急性のストレスにその場で対処できるよう、呼吸法や冷水を使う方法などを使ってみましょう。最後に、長期的な精神力を支える日々のセルフケアについてまとめています。

WHAT YOU'LL LEARN / このご講演で網羅される項目



**Understand the Mechanics
of Stress and Trauma**

ストレスとトラウマの仕組みを理解する



**Establish Effective
Boundaries**

効果的な物事の線引きの仕方学ぶ



**Apply Real-Time Grounding
and Self-Care Tools**

急性ストレスの対処法と長期的な精神力をセルフケアで培う

*Take the first step toward a calmer,
healthier and more resilient you.*

ALL ARE WELCOME

Patients / Families / Community
患者さん・ご家族・地域の皆さま