


Health Newsletter

-Generali China Life

March 2024



International
Women's Day



Historical Newsletters

Contents

P3

GEB Health Kits – Sleep Health

P4

Women's Health

Common Diseases of Women

P8

Report Interpretation

ECG & Common Cardiac Tests

P13

Nutrition and Health

Benefits of Vitamin D

P17

Sport and Health

Some Running Tips for Beginners

P20

Step Up - Building Women's

Influence in Workplaces



GEB Health Kits - Sleep Health

GEB (General Employee Benefit) provide clients with Health Kits available in multiple languages to help our insured members manage & prevent illness. Health kits include animated videos, infographics and more. At the time when spring coming, we promote "Sleep Health" to you, to mention you pay more attention to your sleep quality.



Most adults need 7-9 hours of sleep each day to function optimally and stay healthy. Sleeping problems are common however, with one third of adults typically not obtaining a sufficient quantity or quality of sleep several nights a week or more.

Short-Term Lack of Sleep Can Lead to:

- Irritability
- Impaired memory
- Slow response time
- Poor decision making

Sleep deprivation also poses a significant safety risk at work when employees are required to perform tasks that have significant safety implications (e.g. when driving a vehicle).

Long-Term Lack of Sleep Can Increase the Risk of:

- Cardiovascular disease
- Type 2 diabetes
- Obesity
- Mental disorders like depression

Regular sleeping problems can also affect the wellbeing of individuals by reducing their energy and motivation to engage in health-promoting activities such as exercise and spending time with family and friends.

Optimising Sleep Can Help:

- Improve mood at home and at work
- Improve quality of relationships
- Make it easier to maintain a healthy body weight
- Think clearer and quicker
- Improve general physical and mental health

We will share more article and material about health & wellbeing in the following newsletters. Your kind comment is highly expected. Click [here](#) to know more detail about GEB Health Kits.





Some Common Diseases of Women

Many females in the world will welcome and celebrate together on each March 8th, the International Women's Day. More and more people pay attention to women's health and wellbeing with the improvement of their health awareness. Today we're going to talk about women's health, and the following three diseases are more common in women, thyroid disease, osteoporosis and lupus. We hope to help more readers understand them scientifically and take active measures to prevent the diseases and improve their health.

Thyroid diseases

The thyroid is one part of your endocrine system. When your thyroid gland produces too much or too little of thyroid hormone, it is called thyroid disease. Too much thyroid hormone can lead to hyperthyroidism, while insufficient hormone production can lead to hypothyroidism. **Female patients of thyroid disease are five to eight times higher than males.** If patients are diagnosed and treated properly, most thyroid diseases can be properly controlled.

Risk Factors for thyroid disease?

- Family history of thyroid disease
- Disease factors: pernicious anemia, type 1 diabetes mellitus, primary adrenal hypofunction, lupus erythematosus, rheumatoid arthritis, Sjogren's syndrome
- Take medications containing iodine
- Over 60 years old
- Previous thyroid disease or thyroid cancer

What are the symptoms of thyroid disease?

Symptoms of hyperthyroidism include:

- Hyperhidrosis
- Irregular heartbeat
- Weight loss
- Bulging eyes
- Prone to mood swings

Symptoms of hypothyroidism include:

- Easy fatigue
- Weight gain
- Depressed mood
- Abnormal bone development
- Growth retardation

What are the common thyroid tests?

Blood tests: Blood tests are the most common methods to diagnose thyroid disease. These tests can measure the amount of thyroid hormone (TSH/T3/T4/FT3/FT4) in the blood, as well as the levels of thyroid antibodies, calcitonin, thyroglobulin etc.

Ultrasound imaging: Your doctor may order ultrasound imaging to examine the size and shape of your thyroid glands or the presence of nodules.

Iodine uptake test: If you have hypothyroidism, your doctor may perform this test and find the cause.

How to treat thyroid disease?

The doctor may consider a variety of treatments to recover the patient's thyroid hormone levels. **Treatment depends on the type of thyroid disease and the causes. Treatments for hyperthyroidism include radioactive iodine treatment, anti-thyroid drugs, and surgery. Hypothyroidism requires lifelong thyroid hormone replacement medication, such as levothyroxine. The primary treatment for thyroid cancer is surgery.**



Osteoporosis

Osteoporosis will make your bones to become weaker, which can even be broken by an accidental fall or when affected by the forces, such as bending or coughing. Fractures caused by osteoporosis are most common on the hip, wrist, or spine.

Women have a higher rate of osteoporosis than men, and older women have the highest risk.

What are the common symptoms of osteoporosis?

There are usually no apparent symptoms at the early stages of bone mass loss. When osteoporosis significantly affects your bone's quality, the symptoms that may occur include back pain (mainly caused by spinal fracture or collapse), reduced height, hunchback, and fractures.

Risk factors for osteoporosis?

Many factors can increase your risks of developing osteoporosis, including your gender, age, lifestyle and medical conditions. Risk factors for osteoporosis include:

Gender: Women are more likely to develop osteoporosis than men.

Age: The older you are, the greater your risk of osteoporosis.

Family history: Your parents or family members with osteoporosis may increase your risks.

Height: Shorter people have the higher risk of osteoporosis.

Endocrine system: People with too much or too little of certain hormones in the body, such as sex hormones, thyroid and parathyroid hormones have higher risks of osteoporosis.

Dietary factors: Lower calcium intake is associated with lower bone density and has increased risk of bone loss.

Drug: Long-term oral or injected corticosteroid medications, such as prednisone and cortisone, can interfere the rebuilding process of bones.

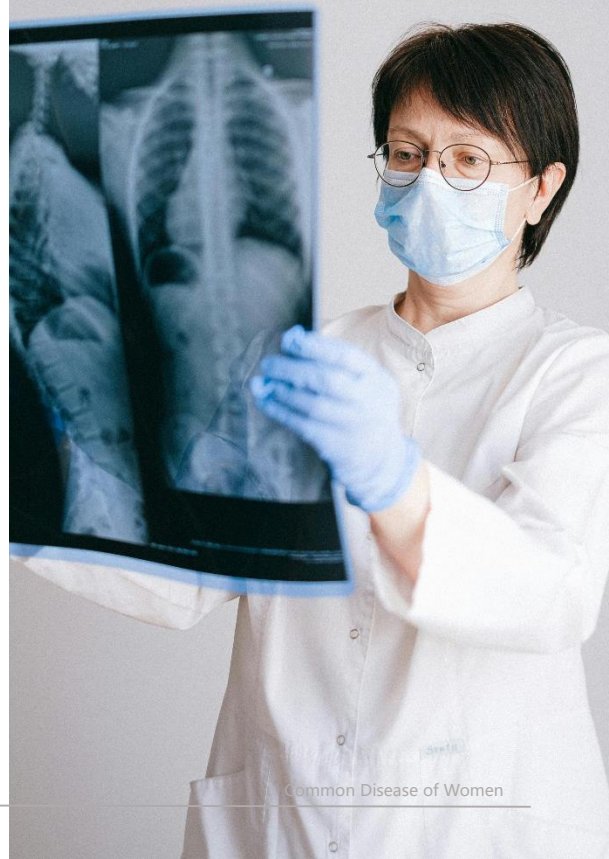
Disease factors: People with certain medical conditions have a higher risk of osteoporosis, such as inflammatory bowel disease, kidney or liver disease, certain tumors, rheumatoid arthritis.

Lifestyle: Some unhealthy lifestyles can increase the risks of osteoporosis, such as sedentary mode, excessive drinking, smoking, etc.

How to prevent the osteoporosis?

Balanced nutritional diet and regular exercises are very important to maintain your bone health. The following advice can help you prevent and relieve the progress of osteoporosis:

Ensure the calcium intake: Men and women between 18 to 50 years old need about 1,000 mg of calcium per day. When women reach the age of 50 and men reach the age of 70, the daily intake of calcium should be increased to 1,200 mg. **Calcium-rich foods include: milk and dairy products, green leafy vegetables, salmon, bean products, etc.**



Vitamin D supplement: Vitamin D can improve your body's ability to absorb calcium and improves your bone health. Your body will get a certain amount of vitamin D from sunlight. Foods rich in vitamin D include salmon, fish oil, dairy products, and whole grains.

Physical activity: Exercise can strengthen your bones and slow the bone loss process. Whenever you start the exercise, it will benefit your bones. We recommend you take the combination of power/weight training and balance training. Power training can strengthen your muscles and bones in the arms and upper body. **The weight-bearing exercises, such as walking, jogging, running, climbing stairs, jumping, etc.,** mainly train the muscles of the legs, hips, and buttock. Balance exercise, such as Tai Chi can help reduce the risks of fall.

What is lupus?

Lupus is an autoimmune disease, with which the immune system will attack your body. **Patients will be likely accompanied by systemic symptoms, such as skin, blood system, joints, kidneys, heart and lung etc.** Systemic lupus erythematosus is the most common type of lupus. According to the Lupus Foundation of America, 90% of all lupus patients are women.

Common symptoms of lupus erythematosus?

Lupus causes symptoms of various systems throughout the body, and the presentation and severity of symptoms vary from person to person which depend on the tissues and organs affected by the disease. Lupus symptoms can be mild to severe, and during its onset, symptoms can be severe and affect the patient's daily life and even work. The condition can also have periods of remission, with mild symptoms or even no symptoms.

Common symptoms of lupus include: **Fatigue, Fever, Joint pain, stiffness and swelling, Butterfly erythema or rash on the face that covers the cheeks and bridge of the nose, and rash may also appear on other parts of the body, Skin is sensitive to sunlight,** Shortness of breath, Chest pain, Dry eyes, Headaches, confusion and memory loss.

What are the complications of lupus erythematosus?

Dry eyes, Depression, Seizures, Anemia, Osteoporosis, Heart disease, Kidney disease

Risk factors for lupus erythematosus?

Medications: Lupus can be triggered by certain medications of anti-hypertension, anti-epilepsy, and antibiotics.

Environmental factors: Exposure to sunlight may cause lupus-like skin lesions.

Lifestyle and health condition: Smoking, high stress levels, and other autoimmune diseases can also increase the risks of lupus.

Sex: Lupus is more common in women.

Age: Most people with lupus are between 15 and 45 years old.

Genetic factors: Certain genetic mutations increase the risk of lupus.



How is lupus diagnosed?

The diagnosis of lupus erythematosus is somewhat difficult, the doctor makes the diagnosis based on the patient's symptoms and past history and some medical tests to rule out other diseases for later diagnosis.

Tests may include:

- Blood test:** Doctor will learn about the situation of your body's immune system by blood test, such as infection, anemia, or abnormal blood counts.
- Urine test:** It is used to check for urinary infections or kidney problems.
- Antinuclear antibody (ANA):** Most lupus patients are positive for antinuclear antibody (ANA).
- Skin or kidney biopsy**

How is lupus treated?

There is currently no reliable cure methods for lupus, and most people with lupus need a combination of medications to treat and relieve their conditions. Common medications for lupus include:

Hydroxychloroquine: A symptom-improving anti-rheumatic drug (DMARD) that can relieve lupus symptoms and slow its progression.

Non-steroidal anti-inflammatory drugs (NSAIDs) : can relieve pain and reduce inflammation.

Corticosteroids: used to reduce inflammation, such as prednisone.

Immunosuppressant's: used to suppress the activity of the immune system and help prevent tissue damage and inflammation.

How to prevent lupus onset?

Even though there is no cure for lupus, lupus attacks can be prevented and relieved by healthy lifestyle and behaviors, including:

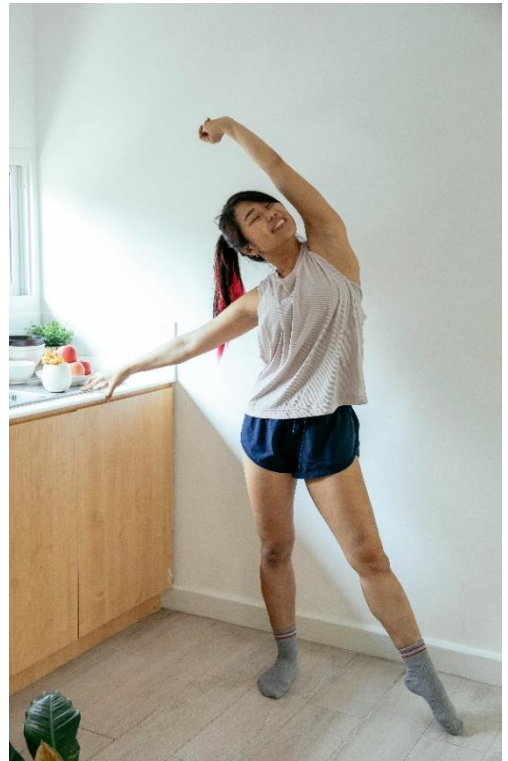
Avoid the sunlight exposure: Try to avoid outdoor activities during the strong sunlight period between 10 a.m. and 4 p.m.

You are advised to wear long-sleeved clothing, hat and other sunscreen devices when there is sunlight exposure, and using a sunscreen cream with SPF 50 or above.

Physical activity: Exercises help keep your bone stronger, reduce the risks of heart attack, and promote the overall health.

Get enough sleep: Getting enough sleep (7 to 9 hours) can help you prevent lupus attack and beneficial for mental health.

Due to their physiological and metabolic characteristics, women are more likely to suffer from certain diseases than men, such as lupus erythematosus, thyroid disease and osteoporosis. As long as you scientifically learn these diseases and take proactive preventions and treatment, you will effectively prevent and relieve these diseases. We hope all the females have a healthy and happy life.



Report Explanation

ECG & Common Cardiac Tests

Electrocardiogram (ECG) is the most common heart test which is also a basic health screen test in the physical examination. The electrocardiogram is painless, and it can quickly detect the heart function and monitor the important indicators, such as heart rate and heart rhythm. In addition to electrocardiogram, some other cardiac test methods may also be used to test the heart, including Holter ECG, echocardiography, cardiac exercise test, angiocardiology and cardiac imaging. Today we are going to talk about electrocardiograms and the common heart tests.



When do I need an ECG?

The normal heart rhythm of human body is called sinus rhythm, which is a heart rhythm that beats with regular rhythm. The heart's electrical signals come from the sinus node in the right atrium and then travel to other chambers of the heart, ensuring that the atriums and ventricles contract and diastole regularly and pump blood into and out of the heart. **Normally, your heart beats 60 to 100 times per minute.**

In general, doctors may not recommend using the electrocardiogram to evaluate the low-risk adults without symptoms. If you have the high-risk factors of heart disease, your doctor may recommend you to do the regular ECG test. **Some medical problems that doctors use ECG to diagnose or recognize including:**

- Irregular heartbeat (arrhythmia)
- Heart attack caused by a blocked or narrowed coronary artery
- Previous heart attack
- The effects of certain heart disease treatments, such as pacemakers

You may also need an ECG if you have the following signs and symptoms:

- Chest pain
- Dizziness, lightness of head or confusion
- Heart panic
- Rapid pulse
- Shortness of breath
- Weakness, fatigue or reduced exercise capacity

If the symptoms of heart disease are temporary, the anomaly may not be detected by the routine ECG test. Your doctor may recommend you the Holter ECG test, which is a wearable device that can continuously record an electrocardiogram and usually last for 24 to 48 hours.

What information can the ECG provide?

Heart rate: Basically, we can measure our heart rate by checking our pulse. An electrocardiogram can also help doctors identify abnormal heart rates such as tachycardia or bradycardia.





Heart rhythm: An ECG can be used to identify various arrhythmias. Arrhythmias can occur when the heart's electrophysiological mechanism does not work properly.

Heart attack: An electrocardiogram can be used to diagnose both ongoing heart attack and a past heart attack, such as angina and myocardial infarction. An electrocardiogram can also recognize the damaged part of heart.

Blood supply to the heart: An electrocardiogram can help determine if blood supply to the heart

is reduced and causing symptoms when there is a heart attack.

Physiological structure of the heart: the ECG can also be used to diagnose the physiological structure problems of heart, such as cardiomegaly and congenital heart defects.

What are other common heart tests?

In addition to electrocardiograms, doctors may also use the following methods to check your heart:

Holter ECG: A Holter ECG is a portable electrocardiogram monitoring device that is worn for 24 hours or more to

record the electrical activity of the heart. This test can detect heart rhythm problems that are not detected in a routine electrocardiogram.

Echocardiography: A non-invasive test that uses ultrasound to check the structure and pumping function of the heart. It can show the blood flow to the heart and if there is stenosis or incomplete closure of the valve.

Exercise or stress test: The test is usually completed by walking on a treadmill or cycling while heart function is monitored. Exercise test help check how the heart responds during the physical exercise and whether there is heart attack occurred during exercise.

Angiocardiology: This test can show if there is the obstruction in the coronary arteries. The doctor inserts a catheter into the blood vessel around the groin or wrist and guides it to the heart. A contrast agent is then injected into the catheter and the coronary artery is visualized to identify the vascular obstruction.

Cardiac imaging: The cardiac CT scans and Magnetic Resonance Imaging (MRI) scans can learn the heart structure.

How to prevent a heart attack?

Maintaining the healthy lifestyle in your life, such as a low-fat and low-salt diet, regular exercise, good sleep, and quitting smoking etc. is the key to prevent and treat the heart disease. The following advice can help you improve your heart health and prevent the heart disease:

Quit smoking: Smoking is a major risk factor for heart disease, especially for atherosclerosis. Quitting smoking is the best way to reduce your risks for heart disease and the complications.

Taking a healthy diet with sufficient fruit, vegetable and whole grain; Limit the intake of sugar, salt and saturated fat.

Keep the proper blood pressure: Uncontrolled high blood pressure can significantly increase your health risks. Please consult your doctor as soon as possible if your blood pressure is elevated.

Prevention of hypercholesterolemia: Adults should monitor their cholesterol levels regularly and consult a doctor's advice if the result is apparently elevated.

Control your blood sugar: Keeping your blood sugar level under well control can also help reduce your risk of developing heart disease.

Regular physical activities: Physical activities can help you maintain the healthy weight. Regular exercise can also help control your diabetes, high cholesterol and high blood pressure. Thirty minutes of moderate exercise per day or more than 150 minutes of moderate aerobic exercise per week can also benefit your heart health.

Maintain a healthy weight: Being overweight will increase the risk of heart disease.

Stress management: Find the proper ways to improve your mood and relieve the stress, such as sports, mindfulness practice, and participating in social activities.

Develop good sleep habit: Lack of sleep may increase the risks of heart disease, and adults are advised to get 7 to 9 hours sleep per day.

Regular physical examination: For normal people, it is recommended to check the heart health status with at least annually; For people with diagnosed of heart disease, such as myocardial infarction or ischemic heart disease, the specific time needs to be determined by the attending physician based on the recovery of the disease.





VITAMIN D

Benefits & Source of Vitamin D

Vitamin D—nicknamed the "sunshine vitamin" due to its ability to be made in the presence of sunlight—is a major player in keeping the human body healthy. Its main job is promoting calcium absorption, making it necessary for bone growth and remodeling (when mature bone tissue is removed and new bone tissue is formed).

However, other benefits of vitamin D may include blood pressure regulation, immune system support, weight management, and more. Here are 10 vitamin D benefits to know—including ways to get more of the vitamin in your daily diet.

1. Strengthens Bones

Vitamin D is known for its bone-building and strengthening powers. **The calcium that benefits your bones wouldn't be able to do its job without vitamin D.** The two nutrients together can also help prevent osteoporosis.

2. Supports Immune System

Researchers analyzed 25 randomized control trials comparing vitamin D supplements to placebos. They found **that vitamin D reduced the risk of acute respiratory infection with either daily or weekly vitamin D supplementation,** particularly in individuals who were deficient in it.

3. Helps Strengthen Muscles

Along with its bone-building abilities, vitamin D is also influential in strengthening muscles.⁵ **The vitamin helps muscle fibers develop and grow, which can help with bone support to increase balance and reduce fall risk.**

4. Promotes Oral Health

One review concluded that because vitamin D helps our body absorb calcium, it may lower the risk of tooth decay, cavities, and gum disease.

5. May Help Prevent Diabetes

One study found that six months of **vitamin D supplementation increased insulin sensitivity in people with diabetes or at high risk of the disease.**

6. Can Be Helpful for Depression

The sun can brighten up your mood, and so can vitamin D: **Researchers found a link between depression and vitamin D deficiency.**

7. Can Reduce Multiple Sclerosis Risk

Getting enough vitamin D could reduce the likelihood of developing multiple sclerosis (MS). MS is an autoimmune disorder resulting from inflammation-induced nerve damage within the central nervous system (CNS).



8. Reduce Pregnancy Complications

Consuming enough vitamin D can be beneficial during pregnancy. **Vitamin D deficiency has been linked to an increased risk of developing complications such as: Gestational diabetes, Preeclampsia, Pre-term birth.**

9. Helps Prevent Rickets in Children

Vitamin D supporting bone health is especially important for children. If they are lacking in vitamin D intake, they can develop rickets. Rickets is a disease that softens bones and particularly affects children up to two years old.

Vitamin D Deficiency

Approximately 25% of Americans do not have sufficient vitamin D levels.¹ There are a few reasons why a person may be deficient in vitamin D. These reasons range from not getting enough of the vitamin from foods you eat to taking medicines that don't allow vitamin D conversion or absorption in the body.

Not consuming enough vitamin D can result in:

- Bone density loss
- Bone pain
- Rickets

Weak bones or muscles



Sources of Vitamin D

If you find out you are deficient or lacking in vitamin D intake, there are a few key ways you can up your daily dosage, including:

Eating vitamin D-rich foods: Foods like **fatty fish (salmon, tuna, mackerel, and sardines) and mushrooms** are natural sources of vitamin D. You can also try fortified milk, juices, yogurts, and breakfast cereals.

Spending limited time out in the sun:

The body makes vitamin D when you are exposed to the sun. Remember to wear sunscreen or use sun protection like hats and sunglasses.

Using supplements: You can always go the supplement route, in the form of vitamin D3, if a healthcare provider thinks it's necessary. Whatever supplements you use, ensure your vitamin D intake does not go over the safe upper daily limit of 4,000 IU or 100 mcg.

Dietary supplements may or may not be suitable for you. Supplement effects vary individually, based on type, dosage, frequency of use, and medication interactions. **Talk to a healthcare provider or pharmacist before you begin taking supplements.**



Running Tips for Beginners

Now more and more people are pursuing a healthy lifestyle and joining the running activity, and there are more and more female runners. This March 8 is International Women's Day, and today we'll talk about the topic of running beginners.



Pre-running for beginners

If you have certain health conditions, such as cardiovascular diseases or musculoskeletal disorders, you are advised to consult your doctor to confirm if the running is fit for you.

Warm up: Warming up is as essential to exercise as starting the engine of a car. **Warming up not only increases heart rate, promotes synovial fluid secretion in joints, raises muscle temperature, and increases the range of motion of muscles and joints, but also effectively avoids sports injuries caused by sudden sprints and poor muscle response, and will make your next run smoother.** Never neglect a good warm-up before you start running. It can be a 5-minute walk, jog or warm-up program that suits you. Include dynamic stretching.

running position: **Running with the wrong posture is a wasted effort.** Good running posture can save up to 20% of oxygen consumption. You should try to maintain an upright position with a slight lean forward. It may be difficult at first and may take some time to get used to. **Make sure you are neither leaning forward nor backward at the waist.**

•**Don't lean your shoulders too far forward.** Keep them level, but at the same time, relax them. Otherwise, you will reduce the airflow through your lungs.

•**You should swing your arms back and forth**, and not side to side, your elbows should be flexed at 90 degrees. Your elbows should not exceed the front of your body and your hands should not exceed your back during running. You should not rotate your body from side to side, please keep your core tight, your knees should not be straighten inward.

•**You can take one inhalation after three steps**, and exhalation after three steps during running while you should try to use of the abdomen for deep breathing.

When you get into the high-intensity running or sprinting phase, the breathing rhythm can be changed to two steps of one exhalation, two steps, one inhalation or one step, one exhalation, one step, one inhalation.

•**End your workout with a relaxation activity**, do static stretches and pay attention to recovery.

running gear: You need to prepare at least two pairs of running shoes (according to their own arch choice, the current popularity of carbon running shoes), according to their own economic conditions, gradually equipped with running socks (calf compression leg cover, compression stocking or five-toe socks), running clothes (summer shorts, tank tops; fall and winter compression garments, gloves), sweatbands, running glasses, empty cap (or baseball cap), fanny packs (to put a cell phone, salt pills and energy gels), is not recommended to use an arm bag or wrist bag, you may buy a running pace watch (such as Canon, Canon, Zonto, Yizun, Huawei, etc.) or bracelet can detect the heart rate, blood pressure, oxygen saturation and blood pressure indicators during running.





Running Goals and Program Setting: Don't set any flags or goals that are too far in the beginning of running. You can start to run just 1km, 3km, or 5km, when you will know how you can run well. After running for 4-6 weeks, you can start the interval running, variable speed running and fartlek running in order to prevent monotony and boredom. It is recommended to join a running group and make a running program under the guidance of a professional running coach. You can also use a sports watch for guidance and training.

Running Software Usage: It is recommended to download any one of the apps, such as Gudong, KEEP, and Joy Run Circle. Your running time, distance and speed will be monitored and recorded on the APP.

Do's and Don'ts in Running

- A Few Things You Need to Know About Running
- Choose the proper running time for you
- Choosing the proper route
- Choose the proper sportswear

- Do a good job of sun protection in summer to prevent heat stroke, and pay attention to keeping warm in winter to prevent heat loss
- Pay attention to your body situation and listen to the voice of your body's feedback
- Maintain correct running posture during running
- Timely nutritional supplementation (water, sports drinks, salt pills, energy gels, etc.)
- Pre-run warm-up and dynamic stretching
- Static stretching after running
- Join a running group, can urge each other to encourage

Sports Injury Prevention

Common running injuries include the following conditions: Iliotibial bundle friction syndrome (running knee), Patellofemoral joint pain, ankle sprain, Patellar tendonitis (jumping knee), plantar fasciitis, hamstring injury

The prevention of sports injuries should be done in the following areas.

1.You should be started before the fully warm-up preparatory pay much attention to your sports activity, and follow the principle of step by step for your running plan, and then start it.

2.Conditioning the body to be in a good state of motion activities,
•warm-up activities can not only raise the body temperature, increase blood circulation in the deep muscle and the muscle stress to improve and joint flexibility, etc., but also reduce your tension and stress before exercise, which can also prevent the occurrence of injury during the running.

•Keep your head up, lean forward slightly, and make sure to keep your upper body straight when running. Try to use the whole foot to land as much as possible, you are not recommended to use the heel or the front toe to land! Don't stomp on the ground! Don't stomp on the ground! Don't stomp on the ground!
•Remember to cool down and relax your body after running. Relaxation activities help recover your body temperature, heart rate, respiration, and muscular stress response to the normal level before exercise.

•You should pay close attention to your body's reaction during running, and discover the early signs of sports injuries and take the active measures to prevent, relieve and treat the sports injury.

3.Create a safe running environment.

4.The necklaces, earrings, and other sharp objects should not worn while you work out.



Step Up - Building Women's Influence in Workplaces

Nowadays we see variety and diversity in workplaces more and often than before. This reflects through the various ways we do our jobs, such as utilising internet and digital technologies to enable us to work from distance and collaborate with people in different locations. It also reflects through the multi-skills and various abilities required and expected in workers. During these changes, there is no doubt that the traditional gender stereotypes will be challenged. Women workers will be able to develop their skills and have more opportunities to contribute to the performance of their companies. In this article, we are going to take a look into how women can play a more active role in workplaces and have positive influences.



Stepping forward: break the stereotype

Through the Industrial Revolution, transition towards more widespread, efficient and stable manufacturing processes changed the economic and social organisation, which reinforced the gender stereotypes in work divisions for men and women. It's like an invisible net subconsciously and gradually and continuously constraining us and how we see our roles in society to date. Therefore, **the first step of growing women's influence in workplaces is to be aware of this invisible net and break it.**

The traditional view of man going to work and woman staying at home will need to be challenged and changed too. It has placed enormous constraint on women and barriers to develop their career. It is important to stay aware of that mentality particularly in workplaces and take an active approach to challenge it.



It is easily overlooked is that successful and capable women are iron ladies. Women are somehow expected to act and think like men to be considered as successful or capable. However, women's strengths and influences should not be defined by how men perform. Let's have a look at women's strengths in workplaces.

Utilising people skills in the age of AI

In the current information age with the trending artificial general intelligence, people start paying more of an attention to human's qualities and abilities. **The senior editor of Fortune magazine Geoffrey Colvin once pointed out that in order to succeed people cannot just rely on knowledge and information, but also people skills. We need to be fully human and make the most of our unique qualities as human beings.**

So what are people skills? It is said that women are born with empathy, attentive listening, gentleness, and attention to beauty. As artificial general intelligence does the repetitive tasks based on logic and algorithm, we will have the chance to engage more with each other and value the experiences where we feel respected, cared for and understood by one another in workplaces.

Clearly now and in the future factory work is and will be undertaken and completed by artificial general intelligence. Work involved creativity and further development requires people collaborating and working more closely. Therefore, **it may be wise that women don't force us to become iron ladies or toughen up like men, but utilise and grow the soft skills that we have to build positive relationships and develop collaboration with others.**

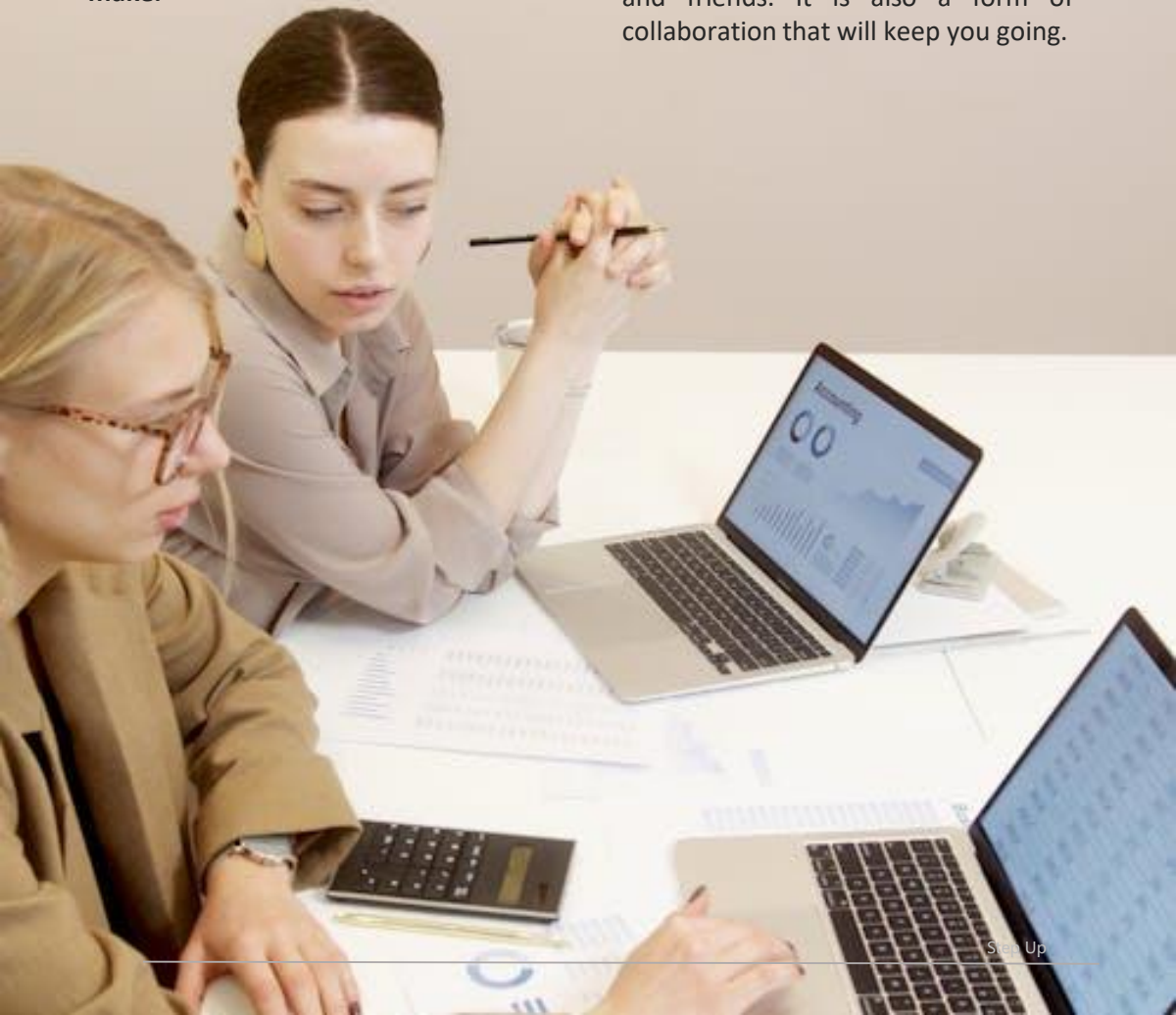
Self-care and seeking support

The third important factor in growing women's influence at work is to look after ourselves and give us credit and be kind to ourselves as we go forward developing our career. We need to acknowledge that it is a hard journey and there are many challenges and obstacles along the way, but it is meaningful and game-changing for the society as a whole.

We also need to acknowledge the various expectations of women from society and from household. Whether we accept them or not, **we need to know they are there and recognise the pressure placed upon women while we are striving to succeed, and the work-life balance we have to make.**

Therefore, it is important that we are not being too hard on ourselves and really look after our health and wellbeing. **You may want to plan some down time for yourself each week, check in with your body and mind. It is important to ask for help if and when you need to and know that you don't have to take it all on you.** Women are very resilient and diligent and have been giving with little expectation of getting rewards. However this needs to change because it is not sustainable nor healthy in the long run.

Furthermore, **it is important to know that asking for help is not a sign of weakness**, rather it is an active and positive approach of stress management to get help from your leader, your colleagues, or your family and friends. It is also a form of collaboration that will keep you going.





中意人寿
GENERALI CHINA

GCL Customer Service Hotline: 400 888 7555