

Health Newsletter

-Generali China GBD

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Finding the Rhythm of Life in Every Step

April is a time when the earth begins to stretch and awaken. Nature, in its full flourish, reminds us of the energy that comes with growth. As spring breathes life into every corner, we too are invited to respond—with lighter bodies, clearer minds, and a deeper commitment to well-being.

In the fast-paced modern world, balance often tips without warning. In response, the National Health Commission and 16 related departments launched a three-year “Weight Management Initiative” starting in 2024, urging people to re-examine the relationship between their bodies and lifestyles through a scientific lens. Beginning this month, we introduce a new “Weight Management” column, designed to explore the many dimensions of healthy weight. We hope this space becomes a thoughtful dialogue between discipline and freedom.

Movement is one of the most vivid expressions of health. As the spring breeze sweeps through the city streets, the call of half marathons stirs something in us. On April 18, we hosted a live session themed “Train Smart, Race Safe,” covering everything from injury prevention and post-race recovery to functional assessments and comprehensive training plans. If you're preparing for a race or seeking to unlock your athletic potential, catch the replay for expert guidance that will power your next run.



扫码预约直播

This April, let's meet spring in motion. There's no need to chase the wind—just tune in to the rhythm of your breath and stride, and let your body speak its truth. May this season lead you to a healthier, stronger version of yourself.



May Day

Health Management Advice for Office Workers

With the fast - paced modern workplace, people often sacrifice rest for work, leading to health issues. The World Health Organization states that workplace stress has become a global public - health concern. Paying attention to workplace health is not only a responsibility to ourselves but also a way to enhance work efficiency and create a healthy working environment Let's talk about health management for office workforce.



With the fast - paced modern workplace, people often sacrifice rest for work, leading to health issues.

Common health challenges for office personnel

Musculoskeletal system issues

Looking down at mobile phones or hunching over desks for long hours keeps the neck and waist muscles constantly tense. A survey published in The Lancet shows that over 500 million people worldwide are troubled by cervical and lumbar spine diseases, with a high proportion of office workers. **The “2022 Workplace Health Report” in China indicates that nearly 70% of office workers suffer from cervical and lumbar pain.** These conditions not only cause pain but also limit limb movement, affecting daily life.

Health Hazards of Sedentary Behavior

Office workers sit for long periods, slowing down metabolism, causing fat accumulation, and increasing the risk of obesity. **Research by the American Cancer Society shows that sedentary people have a 42% higher risk of diabetes than those who exercise regularly, and their risk of cardiovascular diseases also increases significantly.** Moreover, sedentary behavior can lead to poor blood circulation and problems like varicose veins in the lower extremities.

Decline in Physical Function due to Lack of Exercise

The busy work schedule leaves office workers with no time for exercise, resulting in a decline in physical function. Their endurance and immunity decrease, making them easily fatigued and reducing work efficiency. **A survey by the Chinese Center for Disease Control and Prevention shows that the incidence of colds and other diseases among office workers who lack exercise is 32% higher than that among those who exercise regularly.**

Stress Affects Sleep Quality

Intense workplace competition, along with pressures such as project deadlines and performance evaluations, makes it difficult for people to fall asleep. Data from the Chinese Sleep Research **Society shows that over 300 million people in China have sleep disorders, with office workers being a high - risk group.** Chronic sleep deprivation not only affects work performance but also increases the risk of mental illnesses like depression.



Common health challenges for office personnel

Set up an Ergonomic Workstation

Choose adjustable desks and chairs. **Keep your feet flat on the floor and thighs parallel to the ground. Align the top of the computer screen with your eyes, about 70-80 centimeters away.** Place the keyboard and mouse so that your arms hang naturally with your elbows at 90 degrees. This can reduce physical strain and prevent cervical and lumbar spine diseases.

Adjust Working Postures Properly

Keep your back straight and use a lumbar support cushion to maintain the natural curve of the lumbar spine. Keep your knees at the same height as your hips. Avoid slouching or crossing your legs to reduce pressure on the spine. Get up and move around for 10 minutes every hour to relieve muscle fatigue.

Create a Healthy and Safe Office Environment

Ensure good ventilation in the office. Circulating air can reduce the growth of bacteria. **Choose lighting equipment that mimics natural light to prevent eye fatigue.** Clean office equipment regularly to keep the workplace tidy.

Recommended Health Tools

Ergonomic Office Equipment

Ergonomic office chairs and lumbar support cushion can conform to the body's curves, providing good support for the back and waist and reducing the pressure of sitting for long periods. **You can use height - adjustable desktop which can allow users to switch freely between standing and sitting,** relieving discomfort caused by long - term sitting.

Mobile Apps

“Keep” offers a variety of office exercise courses. “Boohee” records diets and provides health advice. These apps can help office workers develop healthy living habits.



Health Recommendations for Working Professionals

Exercise Scientifically and Reasonably

Use fragmented time for simple stretches, such as neck extensions and standing on tiptoes. Try standing while working or having meetings. This can not only burn calories but also improve body posture. Do at least 150 minutes of moderate - intensity aerobic exercise, such as brisk walking or jogging, per week.

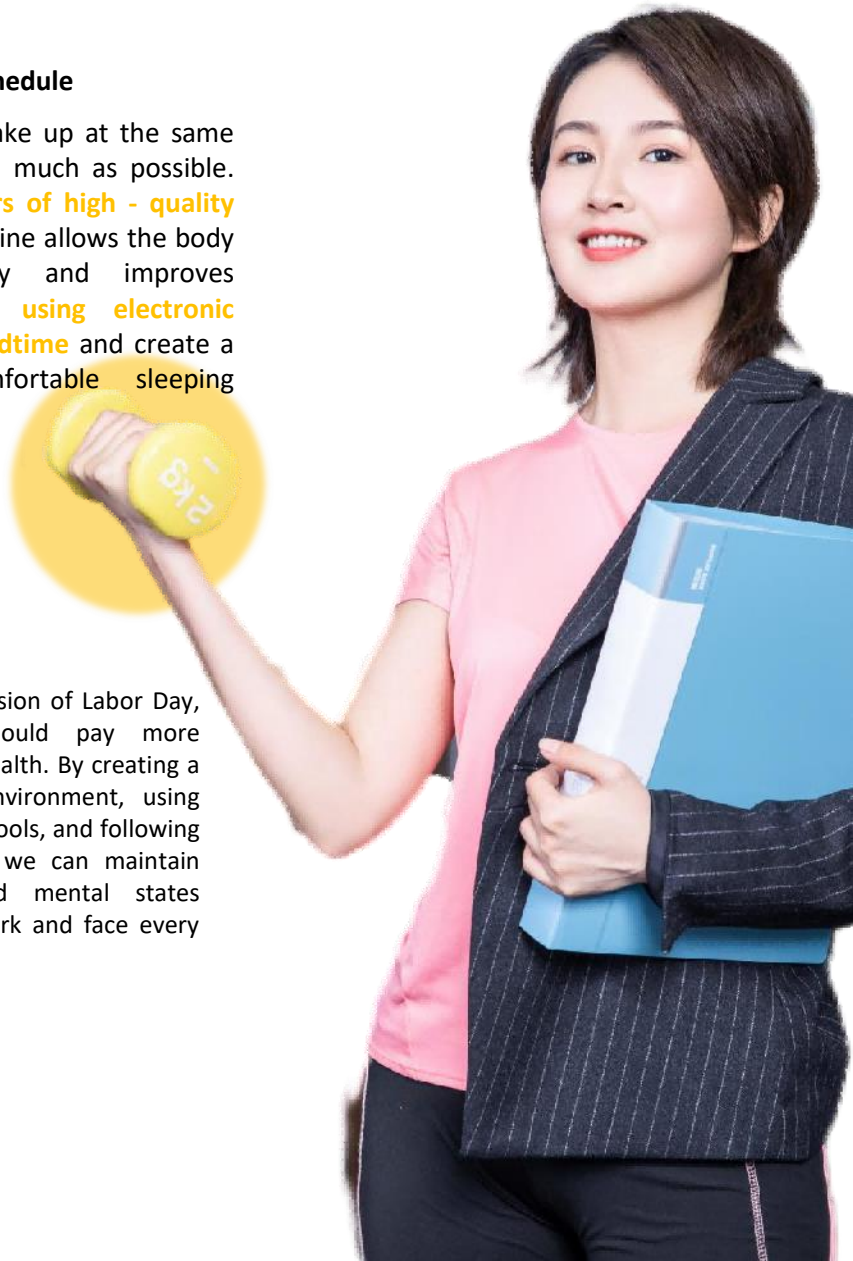
Keep a Regular Schedule

Go to bed and wake up at the same time every day as much as possible. Ensure 7 - 8 hours of high - quality sleep. A good routine allows the body to recover fully and improves immunity. Avoid using electronic devices before bedtime and create a quiet and comfortable sleeping environment.

On this special occasion of Labor Day, office workers should pay more attention to their health. By creating a healthy working environment, using appropriate health tools, and following a healthy lifestyle, we can maintain good physical and mental states amidst the busy work and face every challenge

Stress Management Skills

Relieve stress through mindfulness practices such as meditation and deep breathing. The company's EAP services provide professional psychological counseling. Seek help when necessary. Develop hobbies to enrich your spare time, divert your attention, and reduce work stress.



World Asthma Day: Guide to Understanding and Managing Asthma

Asthma, a common chronic respiratory disease, severely impacts people's quality of life. For office workers in particular, the distress caused by asthma may impede work efficiency and reduce their sense of well-being. Conducting asthma-related science education enables people to understand asthma, effectively prevent and manage the disease, and significantly improve their overall health.

This May 6th is World Asthma Day and let us have a talk about asthma.

Fact and data Statistics

According to the Global Initiative for Asthma (GINA), there are approximately 339 million asthma patients worldwide. **In China, there are over 45 million asthma patients, and the prevalence rate is on the rise.** Asthma not only reduces the quality of life of patients but can even be life - threatening in severe cases.



Fact and data Statistics

Risk Factors

Genetic factors play a crucial role in the development of asthma. **If there is a history of asthma or allergies in the family, the risk of developing the disease increases significantly.**

Environmental factors are also significant. Common allergens in the workplace, **such as dust mites, pollen, pet dander, as well as irritating substances like chemicals and smoke,** can trigger asthma.

In addition, **respiratory infections, exercise, and emotional fluctuations** can also act as triggers for asthma.

Common Asthma Symptoms and Differential Diagnosis

Common symptoms of asthma include recurrent wheezing, shortness of breath, chest tightness, or coughing. These symptoms often occur or worsen at night or in the early morning. However, these symptoms are not exclusive to asthma; other respiratory diseases may present similarly. Therefore, if such symptoms occur, it is necessary to seek medical advice promptly and undergo professional examinations for accurate diagnosis.

Examination Methods and Common Treatments for Asthma

Diagnosing asthma usually requires **pulmonary function tests, bronchial provocation tests, bronchial dilation tests, etc.**

Medications for treating asthma are mainly divided into controller medications and reliever medications. Controller medications e.g. Budesonide need to be used long-term to prevent asthma attacks, while **reliever medications are used during asthma attacks to quickly relieve symptoms, such as salbutamol aerosol.** Other treatments also include immunotherapy and the use of biologics, which should be used under the guidance of a doctor.

- Safety medication tips for children: Some drugs that partially relieve or prevent asthma contain corticosteroids. They are generally safe when used properly, but should be used under the guidance of a doctor.



Daily Prevention and Management of Asthma

Avoiding Triggering Factors

Identify your own allergens and try to avoid contact with them. For example, if you are allergic to dust mites, regularly wash bedding and use dust - mite - proof covers. If you are allergic to pollen, minimize outdoor activities during seasons with high pollen concentrations. During the allergy season, if you go outside, you should wear a protective mask, such as an N95 mask, and also wear goggles. After going outside, you should promptly change your clothes and clean your nasal cavity.

Lifestyle Adjustments

Maintain a regular schedule and **ensure sufficient sleep**, which helps boost immunity. **Moderate exercise can improve respiratory function**, but avoid exercising in cold, dry, or highly polluted environments. Also, **quit smoking and avoid second - hand smoke** to reduce irritation to the respiratory tract.

Improving Indoor Air Quality

Use air purifiers and regularly open windows for ventilation to keep indoor air fresh. Avoid using highly irritating cleaners and perfumes to reduce indoor allergens and pollutants.

Properly clean your nasal cavity with saline water

Properly using saline to clean the nasal cavity is also helpful in alleviating allergic reactions, especially after going outdoors. You should purchase a professional nasal irrigator and saline. Dissolve the saline in warm water at about 37°C. During the rinse, insert the nozzle of the nasal irrigator into one nostril, tilt your head slightly, and gently squeeze the irrigator to allow the saline solution to flow into the nasal cavity and exit through the other nostril or the mouth. After cleaning, wipe the nasal cavity with a tissue and clean and air-dry the nasal irrigator.



The background of the image is a vibrant collage of fresh produce. On the left, there is a large pile of ripe, red tomatoes. In the top center, a bunch of yellow bananas is visible. To the right of the bananas, there are several colorful bell peppers in shades of yellow, orange, and red. The bottom half of the image is dominated by a large number of green cucumbers, some of which are in a black plastic crate. A semi-transparent dark circle is centered over the image, containing the title and a paragraph of text.

The Latest Diets: Do They Work?

Remember the grapefruit diet, the cabbage soup diet, and the cookie diet? And then, of course, we had the Mediterranean diet and the South Beach diet, which was about changing our lifestyles as much as it was about changing what we eat.

Alkaline Tom Brady:

KEY POINTS

- eat foods that fight acidity and promote alkalinity
- no alcohol, grains, conventional meats, eggs, processed foods, flour, refined sugar
- limited dairy—yogurt and kefir only (for the probiotics)

PROS

- primarily plant-based
- nothing to count, measure, or calculate
- may reduce inflammation
- may help boost metabolism
- may protect muscle mass

CONS

- may not have much of an effect on pH balance
- no nightshade vegetables: tomatoes, white potatoes, eggplant, bell pepper, cayenne pepper, paprika, chili peppers, and chili pepper seasonings



Intermittent fasting:

KEY POINTS

- eat between noon and 8 p.m.
- extends the natural fasting window from 12 to 14-20 hours

PROS

- may help regulate insulin resistance
- no calorie cutting—just eat them closer together

CONS

- tasting may be too much for some
- try fasting only three days a week, on Monday, Wednesday, and Friday



Then there's Clean Eating

The idea behind Clean Eating is to focus on foods that are as close to their natural form and have undergone minimal processing. This diet:

- eliminates artificial sweeteners, preservatives, and added sugar
- doesn't rely on "diet" foods that are low-fat, meal replacements, and weight-loss drinks, which can be packed with sugar
- cuts waaay back on refined carbohydrates, such as white rice, potatoes, bread, and pasta
- replaces simple carbs with fibrous whole grains, such as oats, brown rice, and barley
- opts for lean protein instead of processed and fried meats
- prefers whole fruit instead of fruit juice
- loves "nutrient dense" ingredients, such as broccoli, all types of berries, wild salmon, and sweet potatoes—eat these types of foods raw or prepared simply by steaming or sautéing in a healthy oil (such as olive)
- concentrates on ingredients and nutrients rather than calorie counts on labels

When you think about it, Clean Eating could be a decent way to eat and live! But just like any new diet, be sure to start out in moderation, modify ingredients and rules to meet your needs, and give your body time to adjust to the new regimen. (Fun tip: Your tummy can get the blues if you're not used to eating the recommended 25 to 30 grams of dietary fiber every day, so work your way up to that goal over time.)



Bottom line on trendy diets

With all the options from which to choose, try using these three guidelines to help select a diet:

- What foods do you enjoy eating?
- Do you have the discipline to follow the diet's rules and restrictions?
- Can you safely accomplish any physical requirements in your current condition? (For example, if your knees are bad, jogging a mile a day might not work out well for you.)

Here's the long and short of slimming down and losing weight:

3,500 calories = 1 pound

For the sake of math, let's say you want to lose 2 pounds. You have to eat 7,000 calories less than you burn doing things like breathing, sleeping, taking a shower, and exercising. Remember that there are no effective shortcuts and quick fixes. You lose the weight and trim down 3,500 calories or one pound at a time. And most of us should shoot for the goal of 1 to 2 pounds a week.

What happens if you go overboard and experience gastrointestinal discomfort from all that fiber, or strain a muscle trying to bunny-hop a speed bump on your cruiser bicycle? Talk to Teladoc! Our board-certified doctors can help diagnose and treat a wide variety of non-emergency conditions, including sprains, tummy bugs, seasonal allergies, sun- and heat-related ailments, and much more.

Source of content: Teladoc Health





Beware of "Invisible Drought" in Your Body: Scientifically Address Dehydration Risks and Embrace a Healthy May Day Holiday

Dehydration: An Underestimated "Systemic Alarm Failure"

Dehydration occurs when the body loses more fluids than it takes in, leading to physiological imbalances. Studies indicate that losing just 1% of body weight in fluids can impair cognitive function, while a loss exceeding 2% can significantly affect physical performance.

High-Risk Groups for Dehydration:

- **Infants and Young Children:** High body surface area to weight ratio and underdeveloped thirst mechanisms.
- **Adults Over 65:** Diminished thirst perception and reduced kidney function.
- **Individuals with Chronic Illnesses:** Those with conditions like diabetes or kidney disease.
- **High-Intensity Workers/Athletes:** Can lose 1–1.5 liters of sweat per hour.



Recognizing Dehydration: Decoding 9 "Thirst Signals" from Your Body

A. Early Warning Signs (Often Overlooked):

- Persistent dry mouth and mucous membranes.
- Dark yellow urine (Bristol urine color chart \geq level 4).
- Non-fatigue-related headaches (due to reduced cerebrospinal fluid).
- Decreased concentration (studies show a 12% drop in working memory with dehydration).

B. Progressive Warning Signs:

- Increased heart rate (each 1% of dehydration can raise heart rate by 3–5 beats per minute).
- Positive skin turgor test (pinched skin on the back of the hand takes more than 2 seconds to return).
- Orthostatic hypotension (a drop of ≥ 20 mmHg in systolic blood pressure upon standing).

C. Critical Signs (Seek Immediate Medical Attention):

- Confusion or delirium.
- No urination for 8 hours.
- Sunken eyes (a characteristic of dehydration in infants).

Strategies for Preventing and Managing Dehydration: Building a "Three-Tier Defense System"

Tier 1: Daily Prevention (WHO Recommended Standards)

Hydration Formula: Basic water requirement = body weight (kg) × 30ml + additional 200ml for every 30 minutes of exercise.

Smart Hydration Tips:

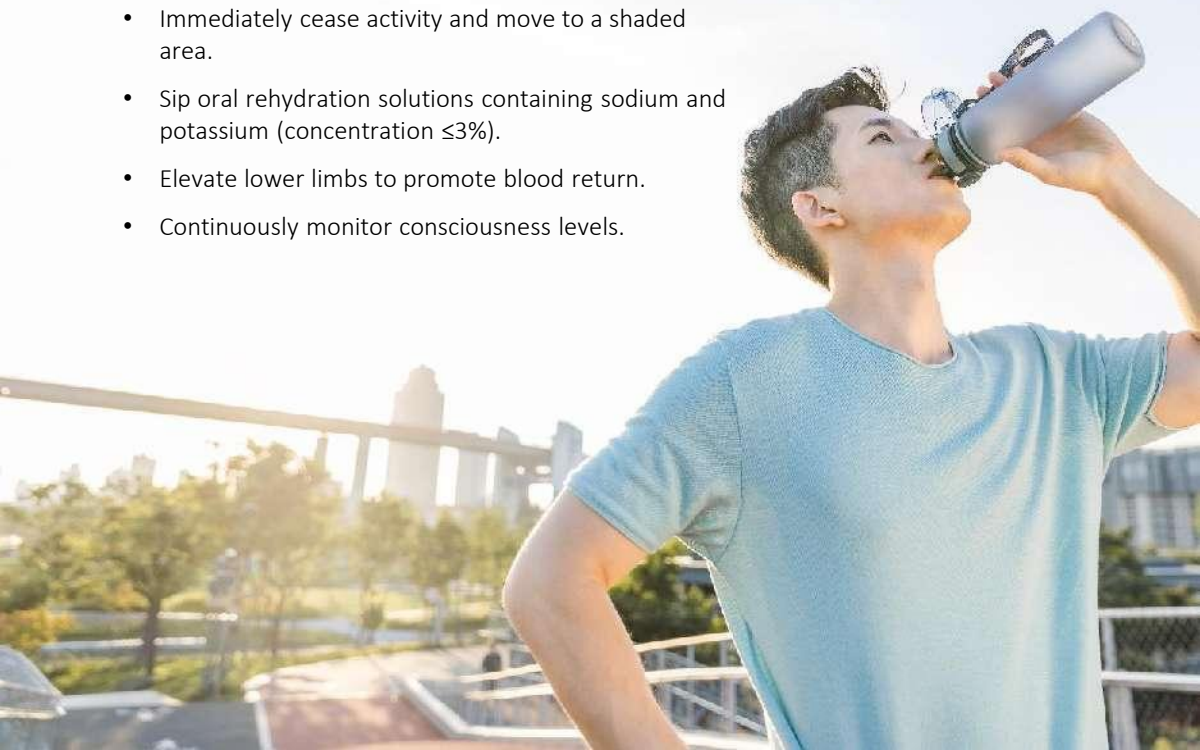
- Drink 300ml of warm water upon waking to compensate for overnight respiratory water loss.
- Consume 100–150ml of water every working hour (set phone reminders).
- Avoid drinking water 30 minutes before meals to prevent diluting stomach acid.

Tier 2: Enhanced Strategies for Special Scenarios

Scenario	Hydration Strategy
High-Temperature Work	Consume 500ml of electrolyte-containing beverages hourly.
Long-Distance Flights	Drink 100ml of water for every hour of flight (cabin humidity <20%).
Fitness Training	Consume 500ml of water 2 hours before exercise, and 150ml every 15 minutes during exercise.

Tier 3: Emergency Response Protocol

- Immediately cease activity and move to a shaded area.
- Sip oral rehydration solutions containing sodium and potassium (concentration ≤3%).
- Elevate lower limbs to promote blood return.
- Continuously monitor consciousness levels.



May Day Travel Dehydration Prevention Guide

Scenario 1: Long-Distance Driving

Risks: Air conditioning accelerates insensible water loss; long intervals between service areas.

Strategies:

Prepare a 2L insulated water bottle (maintain water at 40° C for optimal absorption).

Drink 200ml of water at each service area stop (approximately every hour).

Stock coconut water in the car refrigerator (natural electrolyte content: ~115mg sodium per 100ml).

Scenario 2: Outdoor Hiking

Risks: High-altitude environments increase respiratory water loss by 50%.

Strategies:

Use a hydration backpack with a straw (can increase water intake by 20%).

Carry water-rich foods: cucumbers (96% water content), Greek yogurt (contains whey protein).

Check urine color every kilometer using a portable color chart.

Scenario 3: Theme Park Visits

Data Alert: Research from Disney indicates that visitors typically consume only 60% of their daily hydration needs.

Smart Strategies:

Use waiting times in lines to hydrate (set reminders on smartwatches).

Choose "hydrating snacks": watermelon slices, chilled edamame.

Avoid continuous activities between 11:00 AM and 3:00 PM (opt for segmented play schedules).



How to Enhance Emotional Resilience in the Workplace?

Emotional resilience is distinct from simple "emotional management" or "stress tolerance." It is a dynamic psychological regulation system. Professor Lucy Hone posits that emotional resilience comprises three core capacities:

- 1. Reality Acceptance:** Acknowledging the inevitability of setbacks.
- 2. Attention Control:** Flexibly shifting focus without fixating on negativity.
- 3. Self-Renewal:** Recovering and growing under pressure.

Just as muscles grow stronger after being torn during exercise, emotional resilience allows us to grow stronger through psychological challenges.

High-resilience professionals exhibit three traits:

- **Distinguishing criticism of work from personal attacks.**
- **Recovering from setbacks faster than peers.**
- **Maintaining decision-making quality under high pressure.**

They are not immune to pain but have mastered "psychological repair " and "trauma repair" skills.





According to the <2023 China Mental Health Blue Paper>, depression and anxiety risks among Chinese professionals have reached 10.6% and 15.8%, respectively—meaning 1 in 10 individuals faces emotional crises.

True resilience is not innate but a trained "psychological immune system" that anchors us in uncertainty and transforms stress into fuel for growth.

How Emotional Drainage Impact Your Career

The Efficiency Black Hole: The Hidden Cost of Emotions

A colleague's offhand criticism triggers sleepless nights; a rejected proposal spirals into self-doubt. Such emotional turbulence drains energy. The "emotional cost" theory reveals: 1 minute spent in negativity equals 1 minute lost to problem-solving.

Individuals often allocate 80% of energy to self-sabotage, leaving only 20% for productivity, trapping them in a "more anxiety, less efficiency" loop.

Relationship Erosion: The Butterfly Effect of Emotional Outbursts

Emotionally volatile professionals act like workplace "time bombs"—slamming doors during meetings or resorting to passive aggression. These behaviors erode team trust and trigger chain reactions: colleagues avoid collaboration, managers withhold critical tasks, and career growth stalls.

Stagnation Trap: The Cage of Rigid Thinking

Emotional drainage stems from an overreliance on certainty. When criticized, fragile individuals adopt a "victim mindset" ("I'm being rejected") rather than seeking growth. Faced with change, they complain instead of adapting. This rigidity entrenches cognitive boundaries, blocking breakthroughs and skill development.

Four Pillars to Build Workplace Emotional Resilience

Emotional Microscope: Building a Precision Awareness System

Emotion Labeling: Name vague feelings (e.g., "anxiety," "resentment") and rate their intensity (1–10).

Emotion Cross Model: Analyze triggers through four dimensions:

- Event (e.g., public criticism from a manager)
- Physical Response (e.g., rapid heartbeat)
- Cognitive Bias (e.g., "My entire capability is being denied")
- Behavior (e.g., avoidance or defensiveness).

Cognitive Reframing: Cultivating Anti-Fragile Thinking

Self-Disputation: Challenge negative thoughts. For "I'll never succeed," counter with evidence: "Last month's project succeeded" or "My data analysis skills were praised."

Growth Reframing: Transform catastrophes into challenges. For example, view a pay cut as: "A shared challenge during corporate restructuring—I'll enhance my irreplaceability."



Stress Alchemy: Multi-Dimensional Coping Strategies

Exercise Activation: Boost endorphins with 3 weekly HIIT sessions (proven to increase stress tolerance by 30%).

Mindful Breathing: Practice 4-7-8 breathing daily (inhale 4s, hold 7s, exhale 8s) to reduce cortisol.

Anxiety Deconstruction: Break abstract fears into actionable steps. For "layoff fears," plan: "Update resume," "Expand industry network," "Learn new skills."

Support Networks: Weaving a Workplace Safety Net

Emotional First-Aid Kit: Form a 3–5 member peer support group for emotional dialogue sessions.

Constructive Feedback: Clarify with managers: "Which critiques are actionable? Which are miscommunications?"

Professional Help: Use techniques like 'ETA Emotional Release Therapy' to heal deeper wounds.

The workplace is a stormy sea filled with hidden reefs. Emotional resilience isn't about avoiding storms but learning to navigate them. By observing emotions like a scientist, training mental endurance like an athlete, and pruning negative thoughts like a gardener, we transform setbacks into growth rings.

Start today: View criticism as feedback, focus on content over facial expressions, and respond to discomfort with curiosity. Every small act of resilience reshapes your professional DNA.





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