

Health Newsletter

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Editor's Note – May Edition: Finding the Weight of Life in Balance

May arrives wrapped in vibrant green, as locust blossoms bloom and sunlight grows bold. With the hum of early cicadas and the stirring breath of summer, it is a fitting time to listen more closely—to our rhythms, our bodies, and our health. In the balancing act of life, weight is more than a number—it's a reflection of quality, not just quantity. Modern habits often chip away at mindful eating and blur the boundaries of movement. In response to the national initiative for healthy weight management, our ongoing *Weight Management Column* invites you to explore this theme more deeply—from metabolic rhythms to nutritional philosophy, from exercise science to psychological resilience. We hope this becomes a starting point for reclaiming your body's narrative with knowledge and compassion.

Traditional Chinese Medicine (TCM) offers millennia-old wisdom for understanding health in harmony. Here, excess weight is not merely a matter of calorie imbalance, but a conversation among organs, qi, blood, and bodily fluids. Weight loss, too, is not about deprivation but about aligning with the seasons, and harmonizing yin and yang. As the *Huangdi Neijing* reminds us, "Moderation in food and drink, regularity in daily life"—true health begins with reverence for nature's rhythms.

This month, we are honored to welcome Dr. Wang Chunping, Associate Chief Physician at Beijing Tongrentang TCM Hospital, who will lead a special livestream on May 16 titled Traditional Chinese Medicine for Weight Management. From dietary guidance rooted in diagnostic patterns to holistic nourishment practices, Dr. Wang will offer time-tested strategies for those facing plateaus or seeking deeper, gentler paths toward wellness. Simply scan the code to revisit the session and discover how preventive care in TCM can illuminate your way.

Let May be a season of growth, measured not by drastic changes, but by the patience of a leaf unfolding. In each mindful meal, in every moment of awareness, lies a step toward true health. Whether it's a quiet morning with our column or a contemplative afternoon immersed in traditional wisdom, may this summer be your invitation to meet a fuller, more balanced self—with grace, with strength, and with care.



Children's Health: Celebrating and Caring Our Little Ones on Children's Day

As International Children's Day approaches on June 1st, this joyous festival full of happiness and innocence not only makes children eagerly anticipate it but also draws the whole society's attention to children's healthy growth. With the rising temperature and environmental changes in summer, while children enjoy their holiday, they also face a series of health challenges, and protecting their health becomes an important task for parents.



Main Health Challenges and Advice Faced by Children in Summer

Heatstroke and Dehydration

In the hot summer, children's body temperature regulation function is not fully developed. Compared with adults, they are more vulnerable to high temperatures, which can lead to heatstroke and dehydration. Children may not be able to detect or express their thirst in time. When suffering from heatstroke, symptoms such as high body temperature, dizziness, and nausea may occur, and in severe cases, coma may even happen. Dehydration can cause children to feel tired, have a dry mouth, and reduce urine output.

The hottest time of the day is usually from 10 am to 4 pm, and children should stay indoors as much as possible during this period. Provide children with plenty of water, such as plain water, diluted fruit juices, and electrolyte - rich beverages, to prevent dehydration. Dress children in light and breathable clothes, and use fans or air conditioners to adjust the indoor temperature.

Skin Problems

Sweat, a humid environment, and sunlight exposure are likely to cause various skin problems in children. Heat rashes occur due to blocked sweat ducts, forming itchy red bumps on the skin. Sunburn not only causes pain but also increases the risk of skin damage and skin cancer in the future. Mosquito bites may lead to itching, swelling, and some children may even have allergic reactions.

Before children go out, apply broad - spectrum sunscreen with 30 or higher SPF. It is recommended to use sunscreens containing titanium dioxide and zinc oxide, as they form a protective layer on the skin surface and are not absorbed by the skin, which makes them safer. Use mosquito repellents containing DEET or other approved ingredients to prevent mosquito bites.



Gastrointestinal Infections

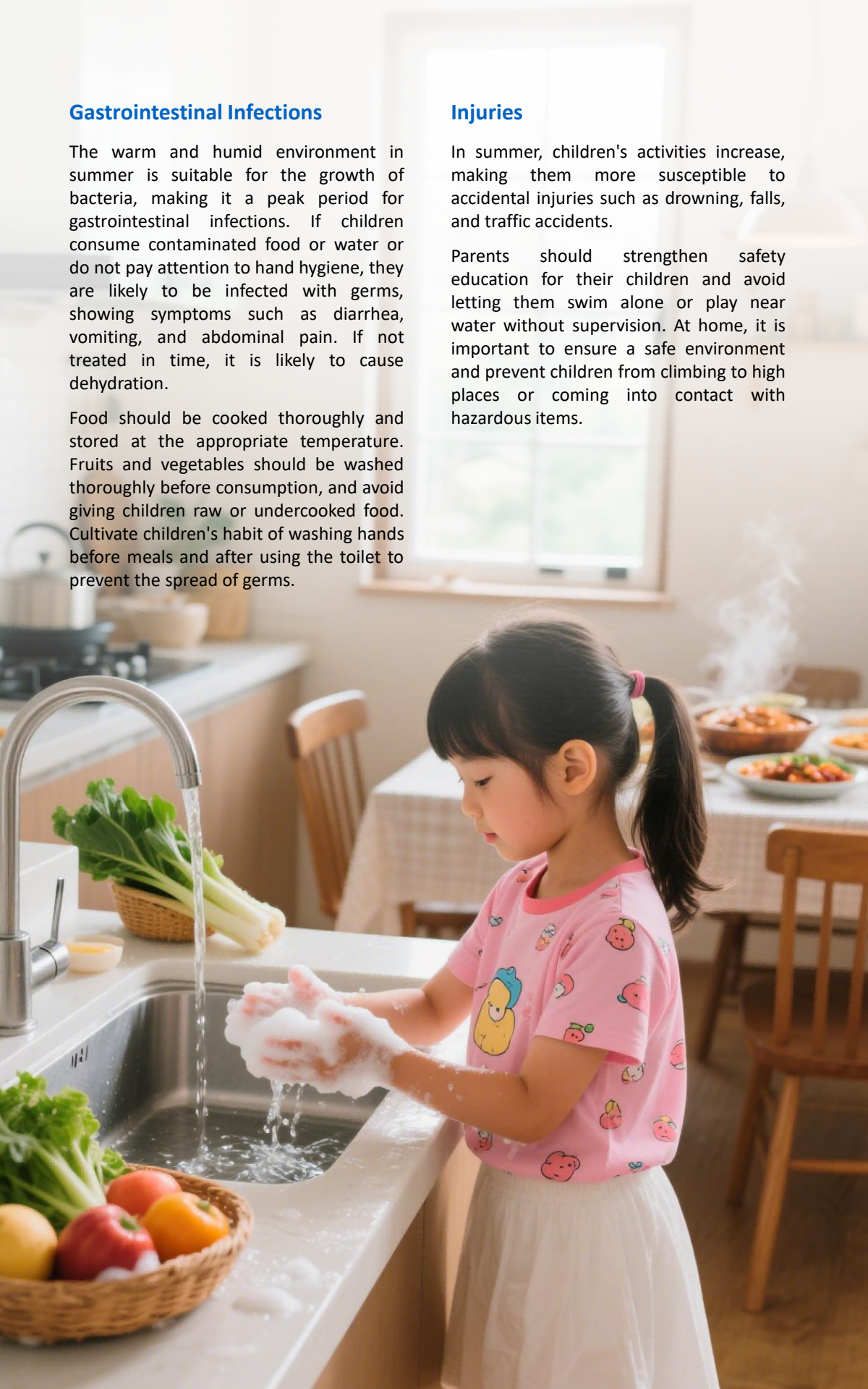
The warm and humid environment in summer is suitable for the growth of bacteria, making it a peak period for gastrointestinal infections. If children consume contaminated food or water or do not pay attention to hand hygiene, they are likely to be infected with germs, showing symptoms such as diarrhea, vomiting, and abdominal pain. If not treated in time, it is likely to cause dehydration.

Food should be cooked thoroughly and stored at the appropriate temperature. Fruits and vegetables should be washed thoroughly before consumption, and avoid giving children raw or undercooked food. Cultivate children's habit of washing hands before meals and after using the toilet to prevent the spread of germs.

Injuries

In summer, children's activities increase, making them more susceptible to accidental injuries such as drowning, falls, and traffic accidents.

Parents should strengthen safety education for their children and avoid letting them swim alone or play near water without supervision. At home, it is important to ensure a safe environment and prevent children from climbing to high places or coming into contact with hazardous items.



Suggestions for Healthy and Good Parent - Child Interaction

Outdoor Sports and Games

Choose the early morning or late afternoon when the sun is not too strong to carry out outdoor activities with children, such as cycling, swimming, and playing ball. These sports can not only enhance children's physical fitness but also strengthen the parent - child relationship.

Healthy Eating Education

Let children participate in daily meal planning and preparation. Show them various healthy foods and explain the importance of these foods for growth and development. This hands - on approach allows children to easily learn about nutrition knowledge.

Parent - Child Reading Time

Arrange a fixed time every day for parent - child reading. Select books suitable for children's age and cover topics related to health, safety, and emotions. Parent - child reading can not only improve children's language skills but also provide an opportunity for parents to communicate important issues with their children.

Creative Handicrafts

Engage in drawing and handicraft activities with kids. During this process, respect the child's creativity and encourage them to express themselves freely. Handicraft activities can help children relax, develop creativity and concentration, and enhance their self-confidence.

Regular Listening Time

Set aside some time each day to listen attentively to the child's thoughts without interrupting or judging. This helps the child feel respected and understood, and it aids in developing healthy self-awareness and emotional expression.

On this Children's Day, while celebrating the festival for children, let's pay more attention to their physical and mental health. By understanding the health challenges children face in summer and implementing these practical health management and parent - child interaction suggestions, we can help children have a happy, healthy, and memorable childhood.



The Ultimate Guide to Skin Care in Scorching Heat: Summer Sun Protection and Skin Care

With the passionate arrival of summer, daytime stays longer and the sun becomes more intense. The intensity of ultraviolet (UV) radiation also soars. Intensity of UV radiation begins to increase significantly from mid - May, reaches its peak from late June to August. These invisible UV rays are quietly becoming the "invisible killers" of skin health.



The main skin health risks in summer

Sunburn

When the skin is exposed to high - intensity UV rays for a long time, sunburn is extremely likely to occur. At first, the skin turns red and hot, accompanied by obvious burning and pain. In severe cases, swelling, blisters, and even peeling may occur. Repeated sunburns not only accelerate skin aging but also increase the risk of skin cancer.

Tanning

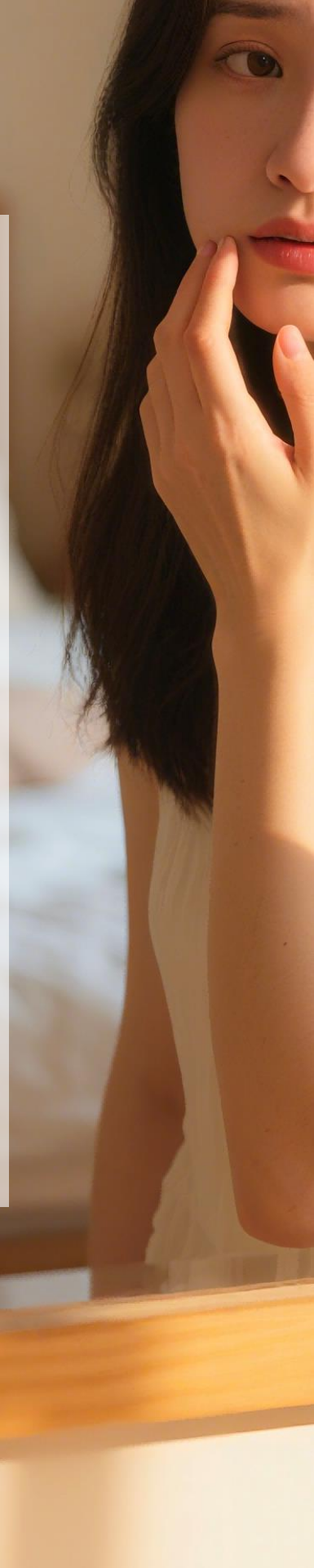
The long - wave ultraviolet rays (UVA) in UV rays can penetrate the surface layer of the skin and reach the dermis, stimulating melanocytes to produce more melanin, causing the skin to darken. This not only affects appearance but also means that the skin has been severely attacked by UV rays.

Photoaging

UVA and medium - wave ultraviolet rays (UVB) continuously damage the collagen and elastic fibers in the skin, making the skin gradually lose its elasticity, develop wrinkles and sag, and more age spots appear. Photoaging is an important cause of premature skin aging.

Photosensitive Dermatitis

Some people are allergic to UV rays. After exposure to UV rays, the skin quickly shows symptoms such as itching, redness, and papules, seriously affecting the quality of life.



Analysis of Common Myths in Sun Protection

Do I need sunscreen on cloudy days? Absolutely!

Many people mistakenly believe that on cloudy days, thick clouds can completely block UV rays. However, even on cloudy days, up to 80% of UV rays can still penetrate the clouds and continue to damage the skin. The weakening effect of clouds on UV rays is limited. If you ignore sun protection due to this, over time, the skin will still experience problems such as sunburn, tanning, and photoaging.

Improper use of sun - protective clothing

Sun-protective clothing can provide physical protection for the skin, but it needs to be used correctly. Some people think that as long as they wear sun-protective clothing, everything is fine, but they ignore the material, wearing method, and washing and maintenance of the clothes. For example, frequent washing and long-term exposure to the sun will reduce the sun-protection performance of sun-protective clothing, sun-protective clothing can only protect the covered parts, and sunscreen still needs to be applied to the exposed face, hands, etc.

Is once application of sunscreen enough? Far from it!

The protective effect of sunscreen will weaken over time, and sweating, friction, swimming, and other behaviors will accelerate its failure. Generally, sunscreen needs to be reapplied every 1 - 2 hours to ensure continuous and effective protection.

Do infants and young children not need sun protection? Wrong!

The skin of infants and young children is extremely delicate, with weaker resistance to UV rays. If sun protection is not done properly, not only easy to get sunburn, but it may also affect the normal development of the skin. When taking infants and young children out in summer, choose the time when there is no strong sunlight exposure. Try to stay under shade and use clothing, sun hats, sunscreen for protection.



ABC principles of sun protection

A

A (Avoid) : Try to avoid going out during the period from 10 am to 4 pm when the UV rays are the strongest. If you must go out, also reduce the time of outdoor activities.

C (Cream) : Use sunscreen reasonably. The indices of sunscreen products mainly include SPF and PA values. SPF, which stands for Sun Protection Factor, primarily targets UVB in ultraviolet rays. The higher the SPF value, the longer the protection time against UVB. PA value, on the other hand, targets UVA and is indicated by the number of "+" signs. The more "+" signs, the stronger the protection, effectively preventing skin tanning and photoaging. For daily commuting to and from work, sunscreen products with an SPF of around 30 and PA+++ are sufficient. If participating in outdoor activities, especially when you need to stay outside for extended periods, you may choose products with SPF 50 and PA++++.

B (Block) : Use physical shielding methods for sun protection, such as wearing wide - brimmed sun hats, sunglasses, using sun umbrellas, and wearing sun - protective clothing.

C

B



Daily sun protection details

Diet tips: Consume more foods rich in antioxidants, such as citrus fruits, carrots, and green leafy vegetables, which can help enhance the skin's antioxidant capacity and reduce UV damage.

Skin care after sun exposure:

Apply a mild moisturizer or post-sun repairing product. If the symptoms are severe, such as the appearance of large-area blisters, fever, nausea, etc., seek medical attention in a timely manner.

Emergency Treatment and First Aid Methods for Sunburn

Mild sunburn

When the skin only shows slight redness and heat, immediately move victim to a shade place and wash sunburn area with running water for 15 - 20 minutes, which can be repeated to reduce the skin temperature and relieve the inflammatory response. Then apply aloe vera gel or post-sun repair lotion with soothing and moisturizing effects.

Moderate to severe sunburn

If the skin is red, swollen, painful, and even has blisters, in addition to washing sunburn, seek help from a doctor soon. Avoid scratching the blisters to prevent infection. If the pain is unbearable, take painkillers as directed by the doctor.

In this coming passionate summer, let's protect ourselves from the sun scientifically, build a solid defense line for our skin, and enjoy the sun without worries. Wish everyone has healthy and beautiful skin.



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Digestive System Health in Summer

With the arrival of summer, the temperature will rise, the humidity will increase, the food is prone to spoilage, and the incidence of gastrointestinal diseases will also gradually increase. **Hot weather and poor eating habits** can easily put the digestive system in a sub-healthy state. Common gastrointestinal diseases include **acute gastritis, intestinal infections, cholecystitis, food poisoning, etc.** Symptoms may include nausea, vomiting, abdominal pain, diarrhea, electrolyte imbalance, fever. And in severe cases, it may lead to chronic gastritis, dehydration, gastric mucosal tears, etc., which seriously affects physical and mental health. Therefore, **maintaining good dietary habits is very important.** The intestines, as the largest digestive and immune organ in the human body, play a crucial role and affect the health of the digestive system, which in turn influences the overall health conditions.



Common unhealthy lifestyle habits in summer include:

1. Overindulging in raw and cold foods: Many people choose cold drinks, ice cream, and other cold foods to cool off in hot weather, but these foods may irritate the stomach and lead to digestive discomfort or gastrointestinal issues.

2. Poor hygiene in food: High temperatures in summer accelerate food spoilage. Food from roadside stalls or improperly stored food can breed bacteria, increasing the risk of foodborne illnesses.

3. Excessive drinking: Summer gatherings often lead to drinking too much, and long-term excessive alcohol consumption not only increases the burden on the stomach but may also trigger chronic diseases such as gastritis.



Here are four dietary and nutritional recommendations to help you protect the digestive system health:

Ensure Food Safety and Hygiene

Summer temperatures are higher, making food more prone to spoilage, especially meat, dairy products, and cooked foods that can breed bacteria (such as *Listeria*) if left at room temperature for more than 2 hours. To reduce the risk of food contamination, it is recommended to:

- Avoid consuming undercooked or improperly cooked foods;
- Reduce consumption of roadside stalls and street snacks, and choose to dine in reputable restaurants;
- May 5th is the *World Hand Hygiene Day*. During summertime, wash hands more frequently to keep hands clean, which can effectively prevent the spread of foodborne diseases;
- Promptly wash utensils to avoid bacterial residue.





Keep a Balanced Diet

In summer, it is easy to lose appetite, but that doesn't mean we can neglect the balanced diet. Pay special attention to the following points:

Carbohydrates: It is recommended to choose carbohydrates with a **low glycemic index** and **high dietary fiber**, such as multigrain rice, oats, corn, and mung beans, to provide lasting energy and help stabilize blood sugar levels. Reduce the intake of sugary beverages and desserts.

Protein: In summer, it is advised to focus on **high-quality protein** in the diet, such as fish, shrimp, chicken breast, tofu, and yogurt, which are easier to digest and reduce the burden on the gastrointestinal tract. **Special attention should be paid to the refrigeration** of meat and soy products to avoid spoilage that may lead to diarrhea.

Fats: It is recommended to **reduce the intake of saturated fats** by eating less fried foods, fatty meats, and barbecued items, while **moderately increasing the consumption of foods containing unsaturated fats** such as nuts (10g daily) and deep-sea fish (twice a week).

Tea: In summer, tea drinks are popular, and it is recommended to choose **low-sugar or sugar-free tea drinks**, such as green tea, chrysanthemum tea, and barley tea, which can help cool down without significantly increasing sugar intake. For **cold brew tea**, it should be consumed within 4 hours to prevent bacterial growth.

Pay attention to the diet during the Dragon Boat Festival.

Zongzi is a specialty food for the Dragon Boat Festival, but it usually contains a lot of **fat and seasonings**. Common varieties like red bean paste Zongzi and meat Zongzi have a **high energy density**; a medium-sized Zongzi (about 150g) can contain 300-450 kcal. With high levels of carbohydrates and fats, it may burden the stomach if eaten in excess. Additionally, glutinous rice has a **high glycemic index**, so those who need to control their blood sugar should **limit the intake**. It is recommended to choose Zongzi **varieties with less oil and sugar**, and to pair them with lighter foods to maintain a balanced diet.

Digestive system health is an important foundation for our overall health, especially in the high temperatures of summer. It is crucial to maintain good dietary and lifestyle habits. By **ensuring food hygiene, keeping a balanced diet, and choosing appropriate take-away foods**, we can effectively prevent common gastrointestinal discomforts in summer. Hope everyone can pay attention to their digestive health and enjoy a refreshing and healthy summer.





Why Am I Not Losing Weight?

You might not achieve weight loss or your desired results even when you do everything "right." You may not be losing weight due to several factors, such as certain medications, stress, how you exercise, or your eating patterns. Weight loss often results from eating a balanced diet and exercising regularly.



Too Much Cardio: You may [lower your metabolism](#) if you do too much cardio because your body thinks it needs to conserve energy. The American Heart Association (AHA) recommends 150 minutes of moderate or 75 minutes of vigorous cardio per week.

Reducing sedentary time and increasing exercise to 300 minutes also adds benefits. Try interval training to reduce abdominal (belly) and visceral fat.

Not Weightlifting: Try adding strength training to your routine. Lean body mass can increase your resting metabolic rate (RMR), meaning you burn more calories at rest.

The AHA recommends at least two moderate to high-intensity [strength training](#) sessions per week. Use weightlifting machines or add hand weights to your regular workout. Start slowly with a weight you can lift at least 10 or more times using proper form. Add on as you develop strength and stamina.

Skipping Recovery: Getting enough recovery time allows you to prepare for the next workout you do. Not resting can result in worse performance later.

Focus on different muscle groups on different days. You can do a lower-body workout on a Monday and an upper-body workout the next day. Establish a [workout routine](#) where you work your entire body one day. Take the next day to do light cardio, stretching, or rest.



Sitting Too Much

Sitting for long periods may be the reason for weight gain or a lack of [weight loss](#). Your risk for obesity increases by 5% for every two hours of sitting. Experts advise that adults be physically active for 60-150 minutes a week depending on your exercise intensity.

Take the stairs if you can, park farther away from your destination, and make extra trips to refill your water bottle. Opt for micromovements while you sit if you cannot stand. Try arm circles, bodyweight bicep curls, and raising your arms above your head to stretch.

Not Changing Your Diet

You can gain weight instead of losing it if you consume more calories than you burn. Create a [calorie deficit](#) by eating fewer calories than your body needs to maintain weight, burning more calories, or ideally a mix of both. Aim for a balanced diet that includes the following:

- Fruits and vegetables
- Limited added sugars, sodium, saturated fats, trans fats, and cholesterol
- Protein sources, from nuts and seeds to seafood and eggs
- Whole grains





Eating Too Much

Overeating can hinder weight loss. Your body needs to run a calorie deficit to lose weight, so you need to burn more calories than you consume.

Evaluate your pace of eating and your [hunger cues](#). Add a few minutes to your meal time and build up if you eat too quickly. Make small, realistic, and consistent changes for the best results. Consume at least 1-2 vegetables at each meal. Talk to a healthcare provider or registered dietitian nutritionist for individualized meal planning.

Not Staying Hydrated

Keep yourself hydrated with water, whether you are active or not. Water has several benefits beyond helping you [manage your weight](#), such as:

- Cushions and lubricates your joints
- Helps your body get rid of wastes
- Prevents dehydration
- Regulates your body temperature

Not Sleeping Enough

Most adults generally need 7-9 hours of sleep every night. Not getting enough consistent sleep can lead to weight gain. Sleep deprivation has also been linked to obesity and an increased risk of future weight gain.

The same hormones that play a role in the sleep cycle also affect appetite. Ghrelin levels can increase, and leptin levels can decrease when your sleep pattern is off-balance. Hormone changes can lead to more hunger and less fullness.

Too Much Stress

The stress hormone cortisol can cause weight gain if you are exposed to too much for long periods. Your body may produce too much cortisol if you have too much anxiety or stress or do not get enough sleep.

Try meditation, outsourcing tasks, exercise, sleeping more, and saying no to things you do not want to do or have time for. Talk to a mental healthcare provider if your stress feels overwhelming or negatively impacts your daily life.

Certain Medications

You might not be able to lose weight if you are taking certain medications. Examples include beta-blockers, corticosteroids, and insulin.

Weight gain is also a common side effect of:

Antidepressants: Selective serotonin reuptake inhibitors (SSRIs) and serotonin-norepinephrine reuptake inhibitors (SNRIs)

Anti-diabetics: Rosiglitazone

Anti-epileptics: Valproate

Antipsychotics: Clozapine, olanzapine, and risperidone

Do not start or stop a medication without talking to a healthcare provider. Let them know if you think your medications are affecting your weight.

Certain Health Conditions

Certain conditions may hinder weight loss, such as:

- Cushing syndrome, a hormonal disorder that develops after long-term exposure to high levels of cortisol
- Depression
- Diabetes
- Hypogonadism, which occurs if your gonads (sex glands) make little or no hormones
- Hypothyroidism, or an underactive thyroid (the butterfly-shaped gland in your neck)
- Menopause
- Polycystic ovary syndrome (PCOS), which happens if the ovaries or adrenal glands produce more androgens (male hormones) than usual



A Weight Plateau

A weight loss plateau can happen for many reasons, like an initial drop from burning glycogen (sugar) and losing some muscle with fat. Weight is not always the most accurate way to measure health or fitness. The scale may stay the same if you are gaining muscle and losing fat.

Weighing less is not always indicative of good health. Talk to a healthcare provider you trust to understand what your healthy weight range is.

Tips for Weight Loss

One of the most important things to remember is to listen to your body. Here are other tips to keep in mind if you are trying to facilitate weight loss:

- Add resistance training
- Engage in healthy snacking
- Give yourself time to recover
- Increase how much weight you work out with
- Keep your mental and emotional health in check
- Mix up your exercises

A Quick Review

You may not be losing weight for many reasons despite your best efforts. You might not be maintaining a calorie deficit or could be doing too much of one type of exercise. Reach out to a healthcare provider if you are feeling stuck and need help developing a more effective weight loss plan. They can help determine the reason for your plateau and help you get back on track.



Emotion

When you feel "upset," can you pinpoint exactly what emotion you're experiencing? Is it frustration, resentment, anxiety, or disappointment? The answer to this question holds the key to advancing emotional intelligence — **emotional granularity**.

Proposed by renowned emotion scientist Dr. Lisa Feldman Barrett, **emotional granularity refers to an individual's ability to differentiate and precisely label their emotional experiences**. It is the skill of translating internal feelings into nuanced language.

Those with high emotional granularity can distinguish between "anxiety" and "worry," identify the boundary between "anger" and "frustration," or even detect subtle differences between "disappointed expectations" and "feeling ignored." In contrast, individuals with low granularity might lump all negative emotions under "unhappy" or reduce complex feelings to simplistic labels. **This refined perception of emotions directly impacts emotional regulation and social interactions.**



How Does Emotional Granularity Reshape Emotional Intelligence?

Traditional emotional intelligence models (e.g., Goleman's EQ theory) break emotional intelligence into four dimensions: self-awareness, self-management, social awareness, and relationship management. Emotional granularity acts as a "high-resolution lens" for these dimensions:

Elevating Self-Awareness: A person with high granularity can detect the tension between "fear of abandonment" and "longing for freedom" within loneliness, rather than simplistically labeling it as "lonely." This precise awareness deepens self-reflection, providing targeted goals for emotional regulation.

Transforming Social Awareness: By distinguishing "sympathy" from "empathy," individuals move beyond generic comfort (e.g., "Don't be sad") to authentic connection (e.g., "I understand you feel frustrated because you're misunderstood").

Revolutionizing Conflict Resolution: Harvard research shows that couples who use specific emotional terms (e.g., "I feel disrespected") resolve conflicts 40% faster than those using vague statements (e.g., "You never care about me").

Strengthening Stress Resilience: Neuroscience experiments reveal that labeling anxiety as "fear of losing control" instead of "stress" reduces amygdala activation by 28%, preserving the prefrontal cortex's rational decision-making function.

Emotional granularity fundamentally rewires the "operating system" of emotional intelligence: It transforms emotions from disruptive "noise" into analyzable "data streams," enabling a shift from reactive impulses to strategic responses in emotional interactions.



How to Enhancing Emotional Granularity?

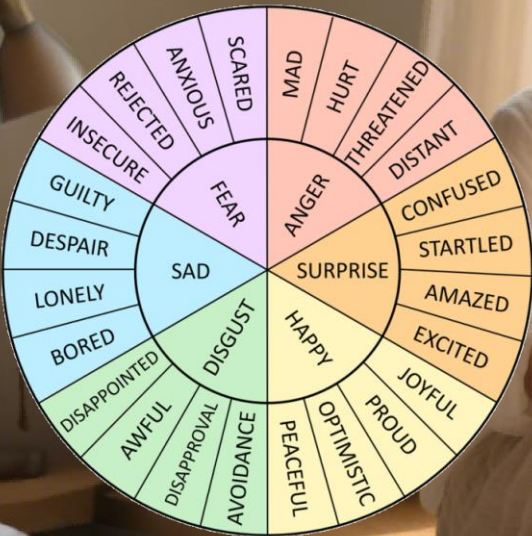
Cultivating emotional granularity requires a triad of "cognition-language-behavior" training:

Expanding Your Emotional Vocabulary

Neuroplasticity Training: Keep a daily "emotion journal," forcing yourself to describe feelings with non-default words (e.g., use "melancholic" instead of "sad"). Studies show that learning five new emotion words daily for eight weeks increases gray matter density in the prefrontal cortex by 12%.

Create Personalized Labels: Develop terms like "Sunday Scaries" (anxiety about the upcoming week) or "Post-Party Blues" (post-gathering emptiness).

Tool Assistance: Use an "Emotion Wheel" to explore layered emotional states and pinpoint precise descriptors.



Mindful Emotional Dissection

The R.A.I.N. Technique:

- **Recognize:** Pause and name the emotion (e.g., "This is jealousy").
- **Allow:** Accept its presence ("I allow this jealousy to exist").
- **Investigate:** Explore its roots ("What unmet need does this jealousy point to?").
- **Non-Identification:** Detach ("I observe jealousy, but I am not jealousy").

Advanced Body Scans: During meditation, focus on physical sensations linked to emotions (e.g., "the tightness in my throat when anxious") to map mind-body connections.

Rewriting Emotional Scripts

- **Cognitive Defusion:** Treat emotions as "weather" rather than personality traits. Replace "I'm a failure" with "I notice feelings of failure, like an emotional storm."
- **Conflict Simulation:** Practice "emotion translation" with a partner: One voices a vague complaint ("You don't care"), while the other deciphers the underlying emotion ("You feel neglected because you want to be prioritized").



Artistic Emotional Expression

- **Metaphor Creation:** Visualize emotions (e.g., "Anger is red lava surging in my chest") through art or writing.
- **Music Decoding:** Create a "mood playlist" matching songs to emotional states (e.g., Bach's Air on the G String for profound sorrow).

In a future where AI handles rational decisions, emotional granularity will remain humanity's core competency. It simplifies emotions by enabling precision—just as naming 100 shades of blue helps us better understand the ocean's essence.

This skill allows us to stay grounded in emotional storms and build precise "sonar systems" for human connections. Enhancing emotional granularity is akin to upgrading emotional intelligence from a flat map to a 3D hologram.





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