Health Newsletter

-Generali China GBD

2025 November

Previous Health Newsletter

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A Season of Inner Growth,
A Journey to Your Better Self

November arrives as a time of quiet settling. The last leaf on the plane tree spirals gently to the ground, the sky stretches clear and expansive, and every ray of sunlight feels like a gift. This is a season for turning inward—much like trees drawing nourishment back into their roots, it's an invitation to pause and listen to what our bodies truly need.

As the cold sets in, it's easy to hide behind layers of clothing—to let the numbers on the scale go unchecked, and put fitness plans quietly on hold. But health doesn't take a winter break. Our bodies continue their silent, steady work, waiting for us to make thoughtful choices.

When it comes to weight loss, many of us have taken detours—skipping meals, trying quick fixes, losing patience with the fluctuating numbers. Yet true, lasting change doesn't come from fighting our body, but from learning to work with it. Just as the north wind doesn't strip the trees bare in a single night, meaningful transformation follows nature's rhythm.

This month we've invited Coach Song Quanxin, a graduate of Beijing Sport University, to guide us through the science of sustainable fat loss. In this session, he'll walk us through a clear framework—from principles and nutrition to practical steps and posture improvement—showing us how to shape a healthier body without extreme diets or unsustainable effort. As an expert with multiple international certifications, Coach Song will help you steer clear of common pitfalls and build a science-backed path toward your goals. Scan the QR code to reserve your spot and begin a thoughtful transformation.

Beyond physical wellness, we continue to focus on your mental wellbeing this month. Year-end stress can easily leave us feeling restless. Why not carve out a quiet quarter-hour each day—to sip tea, read, or simply gaze out the window? Inner calm is an essential part of overall health.

Real change rarely comes from sudden overhauls—it grows through small, consistent choices. This November, may we all move forward with knowledge and gentle persistence, step by step, toward a healthier and more balanced version of ourselves.

Scan for review

Global Lung Cancer Awareness Month:

Scientific Understanding of Lung Cancer and Pulmonary Nodules

November each year marks the "Global Lung Cancer Awareness Month," co-initiated by authoritative international organizations such as the International Association for the Study of Lung Cancer (IASLC) and the World Lung Cancer Coalition (WLCC), aiming to raise public awareness of lung cancer prevention and treatment. According to 2024 data from the World Health Organization (WHO), lung cancer accounts for 2.2 million new cases annually, ranking first in global cancer incidence and mortality. In China, there were 1.06 million new lung cancer cases in 2022, accounting for 22.0% of all new malignant tumor cases, total cancer deaths. The incidence rate is still on the rise.

More notably, with the popularization of imaging technology, the detection rate of pulmonary nodules has reached 20-40%, meaning nearly one or two out of every five people is diagnosed with pulmonary nodules during physical examinations. The combination of the growing number of lung cancer patients and the high incidence of pulmonary nodules has triggered widespread health anxiety among the public, and scientific understanding is the key to addressing this anxiety.

Three Major Factors of Lung Cancer

Tobacco：

including smoking, second-hand and third-hand smoking

Tobacco contains more than 7,000 substances including nicotine and tar, among which over 70 are carcinogens. Long-term exposure to second-hand smoke increases the risk of lung cancer by 20%-30%. What is more easily overlooked is "third-hand smoke" — smoke residues left on clothing, furniture, and carpets after **smoking**. These residues can adhere for months or even years and harm health through contact by body or inhalation into the respiratory tract, especially increasing the risk of lung diseases in infants and young children.

Indoor Hazards：

cooking fumes, Radon and Formaldehyde

High-temperature cooking fumes in kitchens contain carcinogens such as benzopyrene, and long-term inhalation can damage bronchial mucosa. Radon gas released from earth, rock and architect materials etc. is a confirmed cause of lung cancer; it can accumulate in enclosed spaces. Formaldehyde from decoration materials irritates the respiratory tract, and long-term exposure can increase the risk of cancer. These factors are important causes for non-smoking lung cancer patients.

Air Pollution: Chronic Exposure to PM2.5

Inhalable particles such as PM2.5 can directly penetrate alveoli and enter the blood circulation. Long-term accumulation can cause chronic inflammation, damage lung tissue cells, and significantly increase the risk of lung cancer.

How to Prevent and Early Detect the Lung Cancer?

Comprehensive Tobacco Control

Strictly implement no-smoking rules in indoor and public places, and smokers should quit smoking in a timely manner. After smoking, change clothes and wash hands to avoid bringing third-hand smoke home. Regularly clean household items such as curtains and sofas to reduce the accumulation of residues.

Improve Indoor Air Quality

Turn on the range hood throughout the cooking process and keep it running for 5-10 minutes after turning off the stove. Prioritize low-temperature cooking methods such as steaming, boiling, and salad making to reduce cooking fume. Newly decorated houses need to be ventilated for at least 3-6 months, and professional instruments can be used to detect radon and formaldehyde concentrations before moving in.

Scientific Screening for Early Detection and Intervention

High-risk group: People aged 50-74 who meet any of the following criteria — smoking history of ≥20 pack per year (and quit smoking for less than 15 years), long-term passive smoking, chronic obstructive pulmonary disease (COPD), occupational exposure history, or family history of lung cancer in first-degree relatives are recommended to undergo low-dose computed tomography (LDCT) screening once a year.

General population: People over 40 years old are advised to undergo LDCT screening once every 2 years, especially those who have been in polluted environments for a long time, who need to increase the screening frequency. Chest X-ray examination is not recommended as a lung cancer screening method due to its low sensitivity.

Management Guideline for Pulmonary Nodule

Pulmonary nodules are not a sign of cancer; more than 90% of them are benign, and their management must follow authoritative standards:

Baseline Screening Guideline for Pulmonary Nodules

Non-Solid Nodule (NS)

Nodule Size：< 8 mm
Result Category：Negative Result
Management Recommendation and Next Steps：Regular Monitoring,Recommend annual follow-up with Low-Dose CT (LDCT).

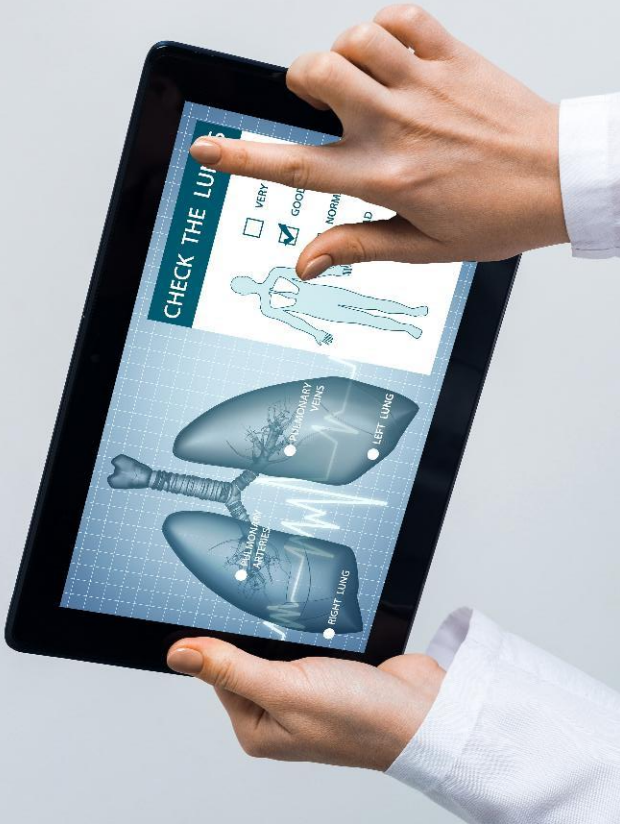
Solid/Part-Solid Nodule (S/PS)

Nodule Size：< 8 mm
Result Category：Negative Result
Management Recommendation and Next Steps：Regular Monitoring,Recommend annual follow-up with Low-Dose CT (LDCT).

Any Type Above

Nodule Size：Meets the above criteria for "suspicious for malignancy", including NS≥8mm, S/PS≥5mm
Result Category：Nodule Suspicious for Malignancy
Management Recommendation and Next Steps：Close Follow-up Required,Recommend follow-up or, if necessary, repeat High-Resolution CT (HRCT) after anti-infective treatment.

For nodules that are suspicious for malignancy, the subsequent process after follow-up or anti-infective treatment is as follows:If the nodule resolves completely: An annual follow-up with Low-Dose CT (LDCT) is recommended.If the nodule partially resolves: A follow-up High-Resolution CT (HRCT) after 3 months is recommended.If the nodule shows no change or increases in size: The risk is higher, and a referral to a Multidisciplinary Team (MDT) consultation is recommended to determine whether clinical treatment is needed.For nodules that are highly suspicious for malignancy: Clinical diagnosis and treatment should be initiated as soon as possible.



Common Treatment for Lung Cancer

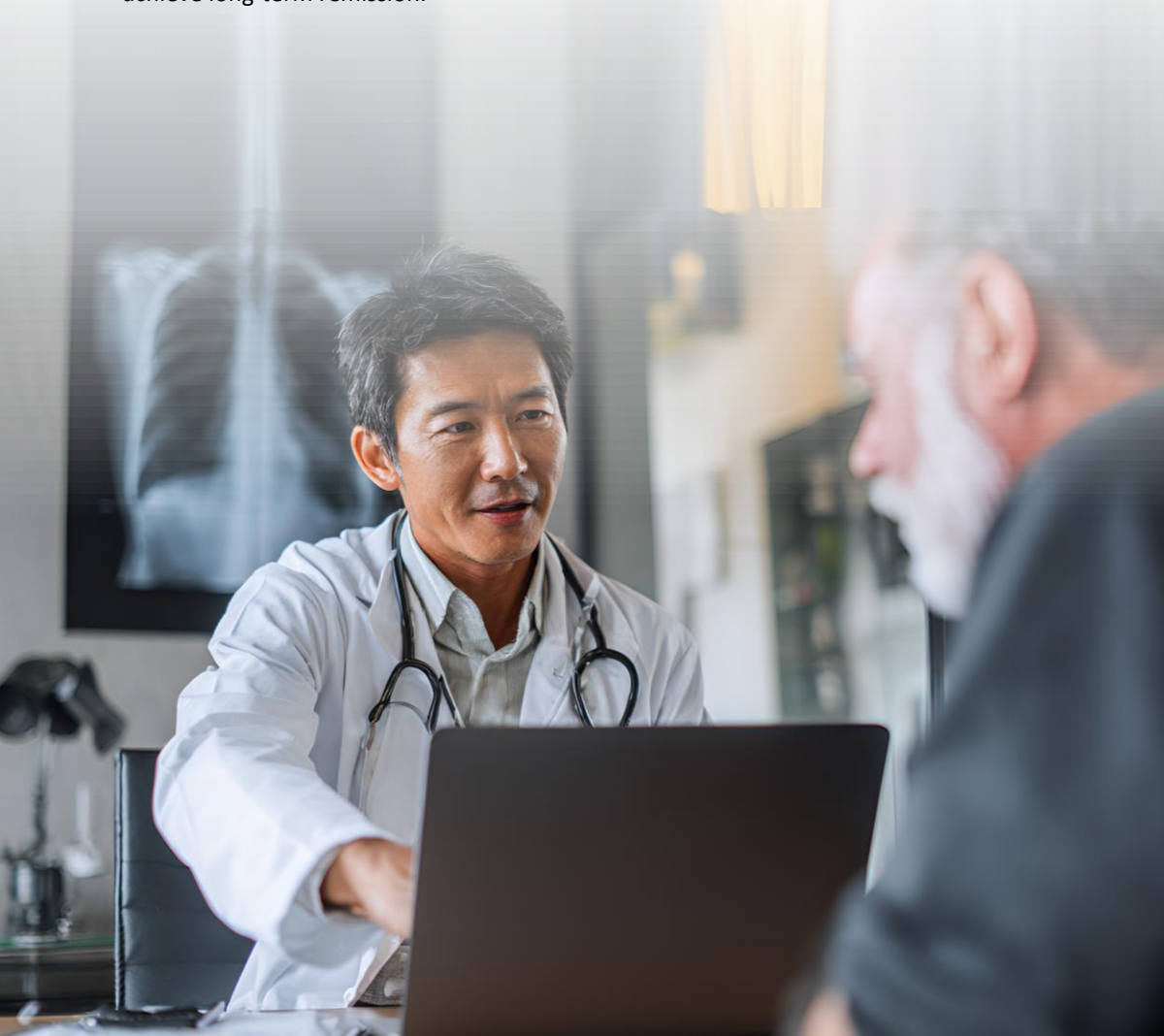
1.Surgical treatment: Suitable for early-stage lung cancer. It aims to cure the disease by removing the tumor and surrounding tissues. Minimally invasive thoracoscopic surgery causes less trauma and allows for faster recovery.

2.Radiation Therapy ： Using high-energy rays to precisely target and destroy tumors.

3.3.Chemotherapy: Uses drugs to kill cancer cells. It is mostly used for patients with advanced lung cancer or as adjuvant treatment after surgery, which can shrink tumors and prolong survival.

4.Targeted therapy: Administers drugs based on the mutation sites of tumor genes. For example, patients with EGFR mutations can use corresponding targeted drugs, which have precise efficacy and fewer side effects than chemotherapy. Genetic testing is required before treatment。

5.Immunotherapy: Activates the human immune system to attack cancer cells. It is suitable for advanced non-small cell lung cancer (NSCLC), and some patients can achieve long-term remission.



WORLD AIDS DAY: ENHANCING HIV PREVENTION AWARENESS TO SAFEGUARD YOUTH HEALTH

Every December 1st, "World AIDS Day" serves as a key reminder to raise public awareness of AIDS prevention. According to data from the Chinese Center for Disease Control and Prevention as of June 2025, China still faces significant challenges in HIV/AIDS prevention and control: there are 1.387 million people living with HIV/AIDS nationwide, with 47,054 new cases reported in the first half of 2025. Sexual transmission accounts for 97.8% of these new cases, including 73.0% heterosexual transmission and 24.8% homosexual transmission.

The infection situation among young people is even more urgent. As a socially and sexually active group, young students aged 15-24 lack knowledge of HIV prevention, making them a high-risk population. From 2020 to 2023, approximately 12,000 infected cases were reported in this group, with an average of about 3,000 new cases annually. More alarmingly, infections show distinct characteristics: the average age of diagnosis is only 19.9 years old, with a clear younger trend—even infected individuals under 13 have been reported, and cases in junior and senior high schools continue to increase; transmission routes are highly concentrated, with male same-sex sexual transmission accounting for 84.7%. AIDS is quietly approaching campuses, making it urgent to enhance young people's awareness of prevention.

Three Major Health Challenges Faced by Youth Population?

Weak Awareness of HIV Prevention

Most young people know little about Pre-Exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP) for AIDS, and even hold the wrong belief that "only high-risk professionals need prevention". Surveys show that over 60% of students are unaware that HIV infection can be blocked by medication within 72 hours, and blocking measures during this period can significantly reduce the risk of infection.

HIV Discrimination

Social discrimination against people living with HIV has not yet been eliminated. Many infected students, fearing negative impacts on further education, employment, and social interactions, dare not disclose their condition and even avoid testing and treatment. This discrimination leads to a vicious cycle of "hidden infection—delayed intervention—expanded transmission", further increasing the difficulty of AIDS prevention on campuses.

Misconceptions about Transmission

Some young people both ignore the core risk of sexual transmission and have excessive panic about daily contact. Some believe that "daily handshakes and indirectly contact can transmit HIV", leading to rejection of infected individuals; others, unaware of the dangers of unprotected sex, frequently engage in high-risk behaviors. This cognitive bias not only hinders AIDS prevention efforts but also affects normal social order.

Scientific Prevention and Response Guidance

Understand How HIV Transmitted

HIV is mainly transmitted through three routes, and daily contact will never cause infection:

•Sexual Transmission: including unprotected same-sex, opposite-sex, or bisexual behavior, which is the main route of infection among young students

•Blood Transmission: such as sharing contaminated needles or using unsterilized tattoo tools

Mother-to-Child Transmission: where infected mothers can pass the virus to their children during pregnancy, childbirth, and breastfeeding, but the success rate of standardized blocking •exceeds 95%.

Pre-Exposure Prophylaxis

For people with continuous high-risk behaviors (such as those with HIV-positive partners or frequent unprotected sex), PrEP can be used after doctor's assessment. HIV negativity must be confirmed before taking medication. Regular medication can reduce the infection risk by more than 90%, but PrEP cannot prevent other sexually transmitted diseases such as syphilis and gonorrhea, so it must be used with condoms.

Post-Exposure Prophylaxis: An 'Emergency Block' Within 72 Hours

After high-risk behavior, the "golden time" to start PEP is within 2 hours, and it should not be delayed beyond 72 hours. You can immediately go to the local Center for Disease Control and Prevention (CDC), the emergency department of a designated hospital, or a PEP clinic. Doctors will formulate a plan based on exposure risk. The medication must be taken continuously for 28 days and cannot be stopped without authorization. Data shows that standardized use of PEP can reduce the infection risk by more than 89%.

Post-Diagnosis Care: Standardized Medical Intervention Enables a Normal Life

If you suspect infection, you can go to the CDC or a regular hospital for HIV antibody testing. Positive cases require further confirmation tests. China provides free antiviral treatment for infected individuals, who can receive medication at the CDC or designated hospitals with a confirmed report. After standardized treatment, the viral load can be reduced to an undetectable level, allowing infected individuals to study and work normally with basically no infectivity.

Psychological Support: 12356 Hotline

Infected individuals or those with doubts can call the national AIDS prevention and control public welfare hotline 12356 to get free psychological counseling, policy interpretation, and resource connection services. Meanwhile, colleges can carry out HIV health in campus, and whole society should create an inclusive environment to eliminate discrimination.

Your Top Questions About Moderate Drinking and Health, Answered

Conflicting studies make it difficult to understand how drinking in moderation might impact your health.Moderate drinking—one alcoholic beverage per day for women and two for men—has been linked to both positive and negative health effects, but experts say the risks outweigh the benefits.Having the occasional glass of wine probably won't have a significant impact on your health, but experts say making drinking a habit, even in moderation, isn't good for you.

Is drinking a glass of wine every night good or bad for your health? Somewhere in between?

If you're unsure, you're probably not alone. For decades, research on the health effects of moderate drinking has been contradictory, with some studies saying that a little alcohol can be good for you while others suggest that it's harmful.

The conflict has been on display in recent months, with the release of assessments that will be used to shape the U.S. Dietary Guidelines this year. Researchers from two federal organizations reviewed the science on moderate drinking—and reached some different conclusions about how it affects health.

The first report, released by the National Academies of Sciences, Engineering, and Medicine in December, determined that moderate drinking is linked to fewer heart attack and stroke deaths. It also found a small but significant risk of breast cancer—but said there wasn't enough evidence to connect moderate drinking with other cancers.

The Interagency Coordinating Committee for the Prevention of Underage Drinking, which released its analysis weeks later, came to a different conclusion: It found that a daily drink raises the risk of developing esophageal and oral cancers, as well as liver cirrhosis. It also said that drinking is linked to a higher chance of death from seven types of cancer, including breast, colorectal, and liver.

Though researchers found that people who had no more than one drink a day had a lower risk for stroke (an apparent protection they said disappears if you drink heavily, even infrequently), they didn't conclude that moderate drinking lowers the chances of ischemic heart disease (also called coronary artery disease), a risk factor for heart attack.

Given the disparate findings, it's understandable to be confused about the potential toll that moderate drinking can take on your body. That's why we asked experts to unpack what effect, if any, your happy hour habit might have on your disease risk.

But First, What Is "Moderate Drinking" Anyway?

The most frequently cited definition of moderate drinking comes from the Centers for Disease Control and Prevention, which defines it as consuming one drink a day or fewer for biological women and two or fewer for men. The agency considers a single drink to be a 12-ounce beer, a 6-ounce glass of wine, 8 ounces of malt liquor, or 1.5 ounces of 80-proof liquor, the equivalent of a shot. The weekly limit is seven drinks for women and 14 for men.

The problem is that what constitutes a drink is "in the eye of the beholder," Steve Nissen, MD, the chief academic officer of the Heart, Vascular and Thoracic Institute at Cleveland Clinic, told Health. "It's all about the amount of alcohol you're having."

Some bars have particularly stiff drinks, and some craft beer has an alcohol content as high as liquor. Nissen said these things can make it difficult to pin down what constitutes a single drink.

Why Is There Mixed Messaging About Alcohol's Effects on Health?

The conflicting findings stem from the particular design of alcohol studies, experts said.

All of the studies about alcohol's effect on health are observational—meaning that researchers have participants report their behavior (in this case, drinking amount or frequency) and discern health outcomes through self-reporting or medical records.

While these studies can give researchers an idea about how different habits may affect specific parts of health, they can only establish correlation—not causation.

For a concrete cause and effect to be established, the research must be the gold standard randomized clinical trial. That type of design would eliminate other potential factors—for example, participants having a healthier diet or exercising frequently—that could actually account for moderate drinking's link with certain health outcomes.

"Without that, you're going to have all these contradictory studies coming out," Nissen said.

So, Does Moderate Drinking Really Increase the Risk of Cancer?

Scientists know that alcohol is carcinogenic, or cancer-causing. In the body, alcohol turns into a carcinogen called acetaldehyde. If acetaldehyde builds up in the body, it damages DNA and prevents cells from reproducing or repairing themselves.

"If that is a cell that needs to divide and replace itself, like the lining of the gastrointestinal tract, which divides and replaces itself every three days, it needs to do that in a regular and perfect way," Elizabeth Kovacs, PhD, a professor of surgery at the University of Colorado Anschutz Medical Campus who leads the University of Colorado School of Medicine's Alcohol Research Group, told Health. But what's less clear is the effect that drinking in moderation, specifically, has on cancer risk. Research on the topic is sparse to begin with, and studies that do exist are observational, as mentioned, so they don't provide the highest-quality data.

When taken together, the new reports implicate moderate drinking with a higher risk of breast, esophageal, and oral cancer, but an advisory from the Surgeon General outlines even more dire outcomes.

That advisory suggests that having a daily drink may raise the risk of a woman developing an "alcohol-related cancer"—breast, colorectal, voice box, liver, mouth, and throat—by about 2.5%, compared to drinking less frequently. For a man, it ups the chances by roughly 1.4%.

There may be a more significant difference between people who drink moderately and those who don't drink at all. In a study published in 2013, researchers compared the cancer risk of people who consume no more than one daily drink to those who drink nothing. They found that compared to people who abstained, daily drinkers had a 5%, 30%, and 17% higher risk of breast cancer, oral cavity and pharynx cancers, and esophageal cancer, respectively.

What About Heart Health?

While some studies suggest that moderate drinking can benefit the heart, others haven't found such a link. Much of the research has focused on red wine, which contains antioxidants called polyphenols. Researchers have found an association between a polyphenol in red wine called resveratrol and a reduced risk of heart disease, primarily due to its anti-inflammatory effects.

But again, because the research is observational, it's difficult to know how moderate drinking truly affects heart health.

Nissen said he's "willing to accept" that moderate drinking has the "potential for a small benefit for heart health" but that drinking's potential health risks outweigh any possible good.

"If you're drinking, don't think it's because of a health benefit," said Daniel Schatz, MD, the medical director of substance use disorder services at NYC Health + Hospitals.

It's worth noting that for people who take certain heart-related medications, including warfarin, cholesterol, and blood pressure drugs, drinking alcohol can reduce the effectiveness or increase side effects. Alcohol can also cause dangerously high blood pressure for some people taking antidepressants.

How Else Might Moderate Drinking Affect Health?

Research has found that moderate drinking is associated with fatty liver disease, a condition in which excessive fat accumulates in the liver. Over time, it could lead to liver cancer or cirrhosis.

Your daily drinking habit can also lead to other patterns that aren't great for health, said Schatz. "There are a lot of behavior changes that happen when you're drinking," he told Health. "You aren't exercising as much and aren't eating well."

Alcohol use disorder, which has strongly been linked to poor health, can also start from a moderate drinking habit, he added.

Can You Reverse Any Detrimental Effects of Alcohol Consumption?

Experts said it's possible to undo the negative effects of moderate alcohol consumption, but this would depend on the damage and the person's unique characteristics and habits.

One condition that Schatz noted can be reversed is fatty liver disease—as long as you're also exercising and eating well in addition to laying off the alcohol. "Your body is amazing," he said.

But experts suggest warding off potential health conditions by not drinking too much to begin with. While having the occasional drink probably isn't detrimental to your overall health, Schatz recommends not making a habit out of it. "If you like the taste or it relaxes you—OK," he said. "Just know that even moderate amounts of alcohol can be harmful."

Want to Build Muscle Faster? Here's What Actually Works

Muscle growth (hypertrophy) is not a quick process. It requires time, commitment, and consistency and is about more than lifting weights. It also involves a thoughtful training plan, eating adequately, and getting enough rest and recovery.The amount of muscle you gain and how quickly you can add it will differ for everyone. Your body type, fitness level, and genetics all play a role.

Timeline for Building Muscle

Everyone builds muscle at different rates, especially because genetics plays a big role. Other factors that can influence your muscle growth include:Age,Training load and duration,Training frequency and recovery from training,Protein and carbohydrate intake,Hydration,Hormonal influences.Research suggests that you could see changes in your muscle growth as early as seven sessions after starting a training regimen, while other studies say it could take up to 18 sessions.For instance, one study found that muscle growth can be seen after about 10 workout sessions. However, significant muscle growth is seen after about 18 sessions.

Differences in Muscle Building Between Males and Females

Males have as much as 15 times more testosterone than females, so they tend to build muscle faster, and their muscle mass is typically greater. Males also tend to be taller with longer bones, which gives them more leverage when lifting weights, resulting in quicker muscle growth.

Other research has found that females may experience greater strength improvements, while males can be more prone to strength training injuries.

The size and distribution of muscle fibers may also explain sex differences in muscle endurance. For instance, when testing isometric muscle endurance (how long you can hold a muscle contraction), females experience less fatigue than men.

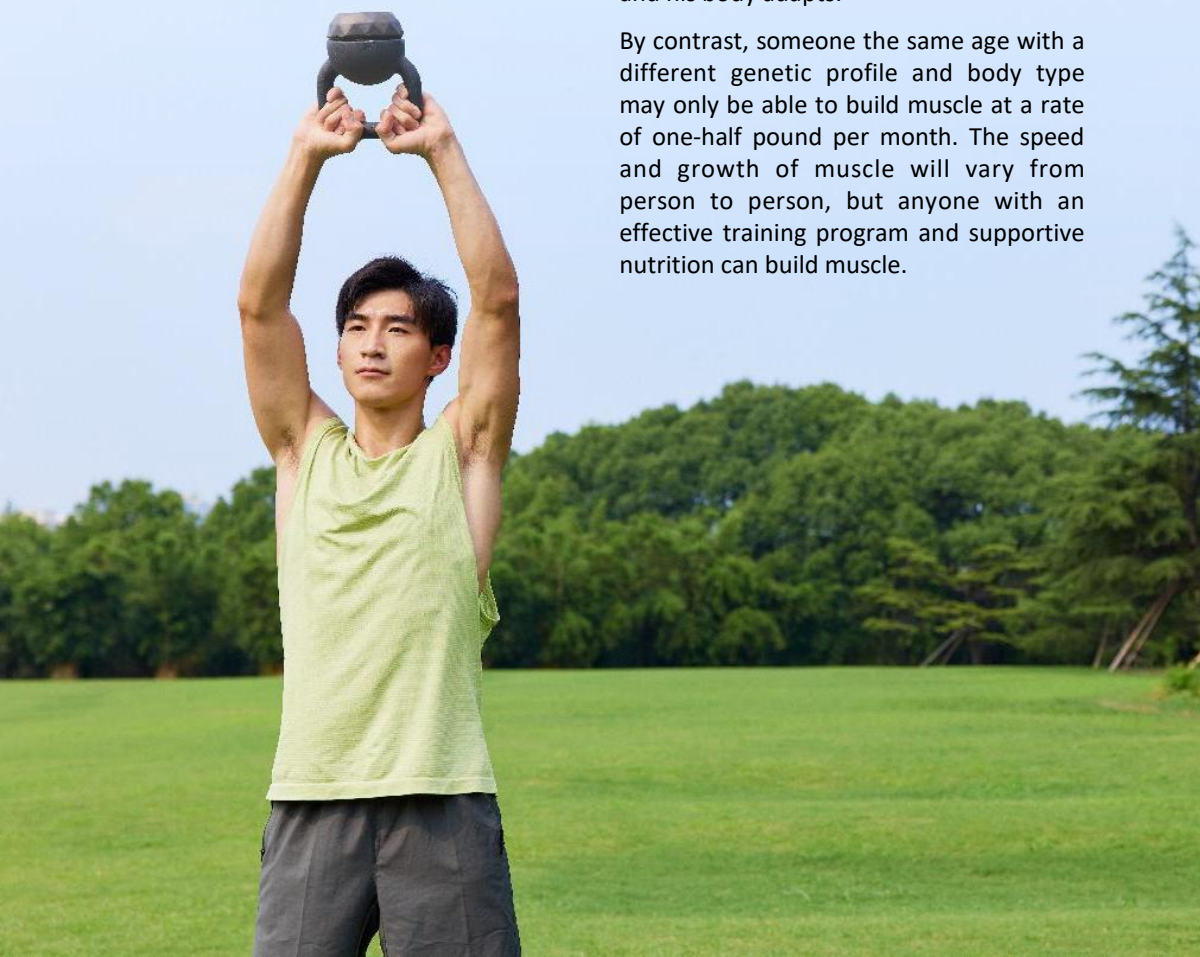
How Muscles Grow

You create muscle tension when you contract your muscles against some sort of resistance—like lifting weights or doing bodyweight exercises. Researchers believe that this tension slightly damages the muscle tissue, resulting in a growth response.

Keeping your muscles exposed to this tension also causes a build-up of various metabolites like lactate and creatine. This process causes metabolic stress in your muscle tissue, which also triggers growth.

Your genetics, your age, and your body type largely influence how much muscle you gain and how fast. For example, a male in their 20s with a large percentage of fast-twitch muscle fibers (those that respond to growth the easiest) could gain lean muscle mass at a rate of two pounds per month. That rate declines as he ages and his body adapts.

By contrast, someone the same age with a different genetic profile and body type may only be able to build muscle at a rate of one-half pound per month. The speed and growth of muscle will vary from person to person, but anyone with an effective training program and supportive nutrition can build muscle.



Effective Training Practices

Most people think that you should focus on strength training to gain muscle, but there is some evidence that cardio is also important.

Here are some training tips to ensure you are making the most of your workouts to reach your goal of muscle growth.

Strength Training

Strength training is the heart of muscle building. In order to grow your muscles, they must experience a load or weight they are unaccustomed to for a certain period of time. When this happens, they respond by increasing in thickness.The American College of Sports Medicine (ACSM) provides the following guidelines when lifting weights:

- Start by targeting your main muscle groups with 8-10 exercises at least twice weekly
- Perform 8-10 repetitions of each exercise and do 2-3 sets of those exercises with no more than 60 seconds of rest between sets
- Use a weight that challenges for you or requires an effort level of 8-10 (on a scale of 1-10)

You can base the amount you lift on your "one repetition maximum" (one rep max)—or the heaviest weight you can lift once. Select weights 70-80% of your one rep max weight.

Cardio

It had been rumored that cardio (or aerobic exercise) works against muscle growth. However, some research indicates this may not be the case, especially because cardio strengthens your cardiovascular system. This can help with your overall exercise capacity and boost muscle growth and function, especially if you are an older adult.8

Researchers indicate that the key lies in your cardio's frequency, intensity, and duration. They recommend exercising at an intensity of 70-80% of your heart rate reserve (HRR). Your HRR is determined by subtracting your resting heart rate (RHR) from your maximum heart rate.

You also need to keep your cardio sessions to about 30-45 minutes long and do them 4-5 days per week.

休息与恢复

组间休息：力量训练中组间休息**60秒**最利于促进肌肉生长。短于60秒影响身体恢复，长于1分钟则会削弱代谢压力。

恢复日：为避免过度训练，**同一肌群每周训练1-2次，**每次间隔**72小时**让肌肉充分修复。例如周一练胸肩三头肌，周三练腿，周五练背与二头肌。

Nutrition for Muscle Growth

Eating enough protein also supports your muscle growth goals.

Before Working Out

You also need to fuel your body before workouts. Consider eating at least 30-60 grams of carbs plus 5-10 grams of protein about 30-60 minutes before you plan to workout. Doing so can help you get the most out of your workout.

Eating this combination before a workout can improve your recovery and increase lean mass.

After Working Out

Experts often recommend eating 20-40 grams of protein every 3-4 hours or 0.25-0.40 grams of protein per kilogram (kg) of body weight. Your body can only use about 20-40 grams of protein at each meal, so eating more is not necessarily better.

The greatest muscle protein synthesis occurs immediately after a workout, up to two hours after, so if possible, try to consume protein within 30 minutes after your workout to boost muscle recovery and gains. If pressed for time, you can also opt for 10-12 grams of essential amino acids to stimulate muscle protein synthesis.

Supplements

Finally, ensure you are eating plenty of fruits and vegetables, and if you have a potential nutrient deficiency, take a supplement to fill that need.

Ask your healthcare provider to test for deficiencies like vitamin D, which is essential for muscle building.

Supplementing with creatine may also be beneficial, but talk to your doctor for guidance.

A Quick Review

Hypertrophy (muscle growth) requires time, commitment, and consistency and includes a training plan that features both weight lifting and cardio, as well as rest and adequate nutrition.

Everyone can build muscle, but not everyone will experience the same gains or speed of muscle growth. Genetics, age, hormones, nutrition, and other factors play a role.

Do More of These Little Things to Keep Bad Moods at Bay

Happiness is a goal pursued by everyone. However, in the hustle and pressure of life, we often feel that happiness is a luxury.

Actually, happiness can be very simple. On the path to pursuing happiness, scientists have been exploring various methods. Through a series of carefully designed experiments, they have discovered some simple yet effective actions that can significantly boost our positive emotions.

So, let's take a look at some of the small things that can make us happier!

Use "Scents" to Relieve Stress

The Institute of Psychology at the University of São Paulo in Brazil once conducted an experiment. Researchers had participants watch a horror film in two different rooms: one filled with a floral scent and the other with a chemical odor. They recorded the participants' facial expressions and physiological indicators.

The results found that participants in the floral-scented room had significantly calmer reactions to the horror film compared to those in the chemically scented room.

This means that scents can influence our emotional feelings. Pleasant smells can make us less fearful and tense, while pungent odors can intensify our fear and tension.

Therefore, we can add pleasant scents to our work and living environments, such as aromatherapy or essential oils, to enhance your emotional state.

Here are some scents recommended for relieving emotional stress:

Sweet Orange, Neroli: Sweet orange and neroli carry warm, sunny properties. Their fragrance can evoke memories of beautiful things, thereby boosting positive emotions.

Lemon: Lemon's refreshing and invigorating properties provide an instant lift to your spirits when feeling down.

Sandalwood: Sandalwood has grounding and calming properties, helping to soothe anger and irritability.

Lavender: Lavender is soothing and calming. It can not only alleviate anxiety and stress but also help improve sleep quality.

Roman Chamomile: Roman Chamomile is widely used to address nervous system issues, anxiety, and insomnia due to its high ester content. It is often used as a mild sedative to relax nerves and reduce anxiety.

Mindful Housework

Researchers at Florida State University once designed an experiment. They recruited 51 participants and randomly divided them into two groups：

Control Group: Participants read simple steps for washing dishes before starting and then washed the dishes in a conventional manner.

Experimental Group: Participants read a text on how to mindfully experience dishwashing while doing it, such as paying attention to the scents, water temperature, and the tactile sensation of the dishes. They were encouraged to maintain mindfulness during the process,fully immersing themselves and focusing on the present sensory experiences.

The researchers measured the participants' anxiety levels and positive emotional states before and after the experiment. The results showed that compared to the control group, the experimental group participants had a significant 27% reduction in anxiety levels after washing dishes.

The researchers believe this change might be related to the individuals' focus and engagement with the present sensory experiences during mindful dishwashing. This state of concentration helps distract attention and alleviate anxiety.

Therefore, this can be applied to other daily activities as well, such as mindful mopping, mindful laundry, mindful cleaning, etc. As long as you are focused enough and consciously engage with the details of the housework process, chores are no longer a burden. Instead, they can help us gain a sense of accomplishment and boost our mood.

Take a Walk with a Swagger

Professor Sara Snodgrass, a renowned psychologist at the University of Florida, designed an experiment to study the impact of walking posture on an individual's emotional state. She selected two groups of students as subjects and first administered a questionnaire about their emotional state to understand their pre-experiment mood.

The professor assigned the two groups different walking styles. One group was asked to walk with a swagger for three minutes—keeping their heads held high, with firm, large strides. The other group was asked to walk with a slouch and mincing steps for three minutes—keeping their heads down, with small, slow, shuffling steps. During the walk, the professor strictly monitored and recorded the walking postures of both groups.

After walking, Professor Sara Snodgrass had both groups fill out the emotional state questionnaire again. The results found that students in the 'swaggering' group reported higher self-evaluation levels and more positive emotions.

When a person is confident, optimistic, and in a good state, their body posture is expansive and open. The experiment demonstrates that not only do our emotions affect our posture, but our physical posture itself can also inversely influence emotional changes.

So, when you feel tense, anxious, irritable, or down, take a walk with your head held high and a swagger in your step, or follow along with popular online "mood-boosting exercises." These are great ways to quickly break free from emotional turmoil.

Smile, Even If You're Not Happy

German psychologists once conducted a "smile feedback experiment." Participants were randomly divided into two groups to watch the same film, which contained both happy and sad story elements.

The first group was asked to hold a pencil between their teeth, forcing their mouths into a smiling position while watching the film.The second group was asked to hold a pencil with their lips, forcing the corners of their mouths downward while watching the film.

During the experiment, participants' reactions and emotional changes were recorded. By observing and analyzing participants' emotional reactions under different facial expressions, the study aimed to explore the relationship between facial expressions and internal emotions.

The investigation found that participants who held the pencil with their teeth, forming a smile, were more likely to notice happy things in the film and maintained a happier mood throughout. In contrast, participants who held the pencil with their lips, forming a frown, were more likely to perceive depressing and sad things in the film, and their mood was rather pessimistic.

Through this experiment, the researchers discovered that when people make certain facial expressions, those expressions can influence their emotional experience.

So, no matter the circumstances, stand tall, chest out, and wear a smile. Your body will tell your brain—perhaps your life isn't so bad after all!

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