

# Health Newsletter

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## January Foreword: A Fresh Beginning

With the arrival of the new year, everything feels quietly renewed.

As the first page of the 2026 calendar turns, even the winter sunlight seems to carry a gentler, warmer glow. The old year has come to a close, and a new chapter begins—an ideal moment to set out again with calm hope and steady confidence.

The fatigue and pressure accumulated over the past year may still linger. Renewal, however, does not always require dramatic change. Often, it begins in the ordinary moments: an early night's rest, a short mindful walk, or the simple comfort of a warm glass of water in the morning. It is in these small, kind gestures toward ourselves that real transformation takes root.

The new year also brings us closer to the Spring Festival—a time of reunion and new beginnings. Before this season of gathering arrives, we invite you to first cultivate a sense of inner clarity and lightness. Sustainable health is our strongest foundation for meeting change with ease and embracing time with loved ones.

This month, China Italy Life's Micro-Classroom presents a special series on "Renewing Your Energy," offering practical insights on stress regulation and vitality enhancement.

May 2026 find us refreshed, resilient, and moving steadily toward healthier, more balanced days. We wish you and your family a joyful Spring Festival, with well-being and good fortune close at heart.

In the year to come, let us continue this journey together—walking forward, step by step, on the path of health.



# A New Year Begins, a Warm "Heart" Reminder: Key Updates to the 2025 AHA Guideline

As we enter 2026, the American Heart Association (AHA) has officially released the 2025 Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC), alongside key updates from the 2024 First Aid Guidelines and Drowning Resuscitation Recommendations.

These updates are based on the most recent global scientific research and clinical data, aiming to improve the success rate of pre-hospital emergency care and save more lives. This article aims to introduce readers to the key updates of the 2025 AHA guidelines, helping more people master the latest and most scientific emergency methods and benefit others.



## Key Updates of the 2025 AHA Guidelines

### Cardiac Emergency Care: Standardization of the Chain of Survival and Optimization of Operational Details

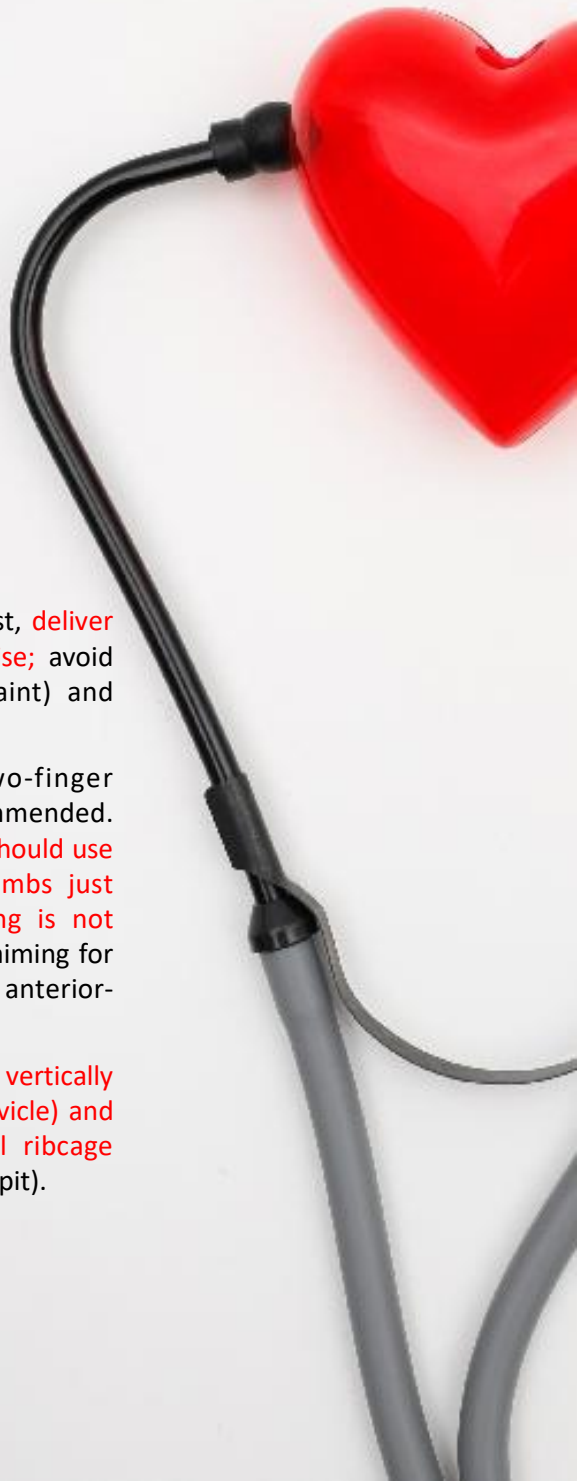
The 2025 guidelines establish a unified cardiac arrest survival chain applicable to both adults and children, across in-hospital and out-of-hospital settings. The chain includes six sequential links: prevention & preparation, early recognition & emergency activation, high-quality CPR, defibrillation, advanced resuscitation, and post-cardiac arrest care & recovery. Key technical updates are as follows:

#### 1. CPR Technique Standard

**Ventilation principle:** For adult cardiac arrest, deliver tidal volumes that produce visible chest rise; avoid both insufficient ventilation (too slow/faint) and overventilation (too fast or too forceful).

**Infant compression technique:** The two-finger compression method is no longer recommended. Single rescuers (both lay and professional) should use the two-thumb encircling technique (thumbs just below the nipple line). If chest encircling is not feasible, a single palm heel is acceptable—aiming for a depth of at least one-third the chest anterior-posterior diameter.

**AED Usage Specifications:** Attach one pad vertically to the upper right chest (top below the clavicle) and the other horizontally to the left lateral ribcage (center at the midaxillary line below the armpit).





### **Foreign Body Airway Obstruction: Standardized to the 5/5 Cycle Approach**

The 2025 guidelines clarify a universal alternating protocol for severe foreign body airway obstruction (FBAO):

**Adults/Children over 1 year:** Alternate 5 back slaps (heel of hand between shoulder blades) and 5 abdominal thrusts (fist above navel, upward force) until the object is expelled or the patient becomes unresponsive.

**Infants under 1 year:** Replace abdominal thrusts with 5 chest thrusts (palm heel on lower sternum, 1 per second) to avoid organ injury, alternating with 5 back slaps while keeping the head lower than the torso.

### **Drowning Resuscitation: Critical Adjustment of Prioritizing Ventilation Before Defibrillation**

The update introduces a drowning survival chain and revises resuscitation priorities:

**Water rescue:** Trained rescuers may provide in-water rescue breaths if safe, but must prioritize self-protection.

**Post-rescue protocol:** For drowning-induced cardiac arrest, start CPR (including rescue breaths) immediately after removal from water—do not delay CPR to retrieve an AED. Use AED only after initiating resuscitation.

**Compression-ventilation balance:** Trained rescuers should begin with rescue breaths before chest compressions; untrained rescuers may perform hands-only CPR.



## Practical First Aid Guidance for Common Emergencies: Essential Skills for Laypersons



### Cardiac Arrest First-Aid: The 5-Step CPR Protocol

**Recognition Promptly for Cardiac Arrest:** If somebody suddenly collapses, you should approach the patient safely. **Tap the shoulders and shout; check breathing (5-10 seconds).** Gasping means the cardiac arrest occurred.

**Activation EMS Timely:** **Call 120 and ask others to fetch an AED.**

**CPR Start CPR as Indicated:** Adults: **30 compressions (100-120/min, 5-6cm depth) + 2 breaths.**

**AED/AED Utilization:** **Attach pads as directed; avoid touching patient during analysis/shock.** Resume CPR immediately after.

**Wait for EMS Support:** Continue CPR until EMS arrives or patient regains responsiveness.



## First Aid to Common Emergencies

**Severe Bleeding:** Direct manual pressure with a clean cloth on the bleeding area. If can't stop bleeding, you can use a tourniquet at about 5cm above the wound, tighten until bleeding stops, and record application time.

**Burn and Scald:** Cooling the burned area immediately. Rinse with clean running water for 5-20 minutes; use cloth-wrapped ice if no water is available. Monitor children for hypothermia. Post-cooling: Remove jewelry/belts. For small partial-thickness burns, apply petroleum jelly/honey and cover with non-adhesive dressing. Do not pop blisters.

**Tooth Avulsion (Permanent Teeth):** Rinse tooth gently ( $\leq 10$  seconds) without scrubbing tooth root or try immediate reimplantation into the socket. Storage options (in order): Hanks' solution, oral rehydration salts, milk, saliva, egg white. Do NOT store it in tap water.


**Severe Anaphylaxis:** Use adrenaline auto-injector immediately if available (inject into outer thigh, hold 3 seconds). Call 120 and monitor vital signs (response and breathing), prepare for CPR if cardiac arrest occurs.

**Seizures:** Move patient to floor, clear surroundings, and place soft object under the head to protect the head. Do NOT restrain patient or put objects in the mouth. Call 120 if seizure lasts over 5 minutes, recurs, or involves infants/pregnant women.

First aid skills are a vital barrier for protecting life. The essence of the 2025 AHA guidelines is to simplify procedures, emphasize core skills, and encourage the public to act bravely. Remember three core actions: recognize danger, call for help quickly, and immediately begin chest compressions and use an AED. Regularly attending certified first aid training is the best way to consolidate these skills. Your actions could save a life.





A photograph of a happy family of four—mother, father, daughter, and son—celebrating the Spring Festival. They are all smiling and holding lit sparklers. The daughter and son are wearing red traditional Chinese clothing. The background is slightly blurred, showing an outdoor setting.

## Oral Health Guide for Holidays: Protect Your Smile and Enjoy the Festivities

2026 Spring Festival is coming, and all family unions and banquets are always filled with all kinds of delicacies when relatives and friends get together. However, while enjoying the happy reunion time, oral health often becomes a neglected "high-risk area".

The latest medical research shows that oral health is closely related to overall health, and problems such as periodontal disease and tooth decay may induce systemic diseases such as cardiovascular diseases and diabetes. During holidays, changes in eating habits, irregular work and rest, and delayed medical treatment expose oral health to multiple challenges, which urgently need attention.



### **Three Core Triggers of Holiday Oral Problems**

#### **Imbalanced Diet Structure Increases Oral Burden**

Holiday tables are inseparable from sweets, nuts, fried foods and alcoholic drinks.

- High-sugar foods accelerate the reproduction of oral bacteria, which produce acidic substances to erode tooth enamel, significantly increasing the risk of tooth decay
- Hard foods such as nuts and bones may cause tooth cracks and gum damage
- Spicy, overheated foods and alcohol irritate the oral mucosa, inducing inflammation such as oral ulcers and gingivitis, and in severe cases, may damage the mucosal barrier and increase the risk of lesions.

#### **Irregular Work and Rest Reduces Oral Self-Cleaning Ability**

Activities such as staying up late on New Year's Eve and holiday carnivals disrupt the normal work and rest, and lack of sleep directly reduces saliva secretion.

As the "natural cleaner" of the oral cavity, saliva has antibacterial and acid-neutralizing effects. The reduction in its secretion leads to a decline in oral self-cleaning ability and an acceleration in bacterial growth.

At the same time, the relaxed attitude during holidays makes people prone to neglect basic care such as brushing teeth morning and night and using dental floss, which further exacerbates oral problems.

#### **Delayed Medical Treatment Turns Minor Issues into Major Troubles**

During holidays, people often choose to delay medical treatment due to daily activities or fear of hospitals being closed. Minor symptoms such as oral pain and gum bleeding are easily ignored, but these may be early signs of periodontal disease and pulpitis.

If not treated in time, minor problems may develop into tooth loosening, periapical periodontitis, or even maxillofacial infections, which not only increase the difficulty of treatment but also may affect overall health.



## Practical Guide to Holiday Oral Healthcare

### Scientific Diet to Reduce Harm from the Source

Control the intake of sweets and sugary drinks, rinse the mouth with clean water in time after eating sweets to avoid the oral cavity being in an acidic environment for a long time;

Avoid eating hard foods continuously, be extra careful when biting nuts and bones to prevent tooth damage;

Drink plenty of warm water, increase the intake of fresh vegetables and fruits to supplement vitamins and dietary fiber and promote oral health;

Reduce the consumption of alcohol, spicy and overheated foods to reduce irritation to the oral mucosa.

### Regular Work and Rest, Adhere to Basic Care

Maintain a regular schedule, avoid staying up late, ensure adequate sleep, and maintain normal saliva secretion;

Strictly implement the principle of "brushing teeth morning and night, rinsing mouth after meals", brush teeth for no less than two minutes, and choose fluoride toothpaste to effectively prevent tooth decay;

Use dental floss to clean between teeth every day to remove food residues and plaque that are difficult for toothbrushes to reach;

Carry portable care products such as mouthwash and dental floss when going out to facilitate timely oral cleaning.

### Advance Prevention, Seek Medical Treatment in Time Without Delay

Before the holiday, a comprehensive oral examination and teeth cleaning can be performed to timely address potential problems such as dental caries and dental calculus;

If symptoms such as oral pain, gum bleeding, and persistent oral ulcers occur, do not delay and should go to see a dentist for treatment in a timely manner

In case of accidents such as tooth cracks or avulsion, the avulsed tooth can be soaked in milk or saline water, and medical attention should be sought as soon as possible to attempt replantation, which improves the success rate.





## Special Care Tips for Specific Groups During Holidays

During the Spring Festival, the variety of foods is abundant, but special groups such as children and adolescents undergoing orthodontic treatment, elderly people wearing dentures or implants require more attention and targeted measures for oral care.

### For Children and Adolescents with Braces

Avoid sticky and hard foods such as rice cakes, nuts, and hard candies to prevent brackets from detaching or wires from bending.

Rinse immediately after eating and use interdental brushes or water flossers to clean around brackets and between teeth, preventing food buildup.

Those wearing retainers should clean them daily with clean water, avoiding hot water to prevent deformation.

### For Elderly People with Dentures or Implants

Avoid

chewing excessively hard or sticky foods such as nougat or brittle bones to prevent denture breakage or implant damage.

Dentures should be removed and cleaned daily, soaked with denture cleaning tablets and gently brushed.

Pay extra attention to cleaning around implants, using a soft-bristled toothbrush and dental floss gently to prevent gum inflammation.



# Struggling to Stick with Running and Lose Weight? Try Slow Jogging



Weight management, especially during the food-rich Spring Festival holiday, remains an ongoing challenge for many. Beyond dietary control, regular exercise is an indispensable part of managing weight and promoting health.

However, traditional running may be too intense for beginners or those with higher body weight, making it difficult to sustain. This article introduces an emerging, easy-to-stick-with exercise method—Slow Jogging—to help readers effortlessly develop an exercise routine during the holidays and effectively achieve fitness and weight management goals.





## What is Slow Jogging?

Slow Jogging, as the name suggests, is a form of running at a very slow pace. Its core principle involves easy jogging with very slow speed (usually at a pace of 4-6 kilometers per hour, much slower than the traditional jogging pace of 8-10 kilometers per hour.), using small strides and high cadence. It originated from Japan, proposed and popularized by Dr. Hiroaki Tanaka, a professor of sports science at Fukuoka University. Based on exercise physiology research, Dr. Tanaka found that this moderate intensity, sustained slow jogging effectively activates the body's metabolism while minimizing fatigue and injury risk, making it particularly suitable for exercise beginners, middle-aged and older adults, and those managing their weight.





## **What are the strengths of Slow Jogging benchmarking against traditional exercise?**

### **Easy to Sustain, low threshold to start**

Its intensity is much lower than traditional running, placing minimal stress on the heart, lungs, and joints. It rarely causes breathlessness or muscle soreness, significantly lowering psychological and physical barriers and helping to establish a regular exercise habit.

### **Efficient Fat Burning, Aids Weight Loss**

At the slow jogging pace (typically corresponding to 50-60% of maximal oxygen uptake), the body primarily relies on fat as an energy source, making it an efficient fat-burning exercise. Although the calorie burn per session may seem modest, its sustainability and potential for longer duration lead to significant cumulative effects.

### **Improves Health, Very Low Risk**

It gently enhances cardiorespiratory function, improves blood circulation, and helps regulate blood sugar and lipids. Due to its low impact, it is very joint-friendly (knees, ankles, etc.), greatly reducing the risk of sports injuries.

### **Integrates into Life, Relieves Stress**

It requires no special venue or equipment and can be done anytime, anywhere. Its gentle pace helps relieve stress, improve mood, and even allows for conversation or enjoying the scenery while jogging.

# Main Parameters Comparison (Slow Jogging vs. Traditional Jogging vs. Brisk Walking)

Feature	Slow Jogging	Regular Jogging	Brisk Walking
Intensity & Experience	Extremely low, relaxed and pleasant; can talk and sing	Medium-low, slightly out of breath; can talk but not sing	Low, but feels "more effortful" than ultra-slow jogging
Energy Metabolism	Mainly burns fat and optimizes metabolism	Mixes glycogen and fat consumption	Mainly burns fat
Biomechanics	Extremely low joint impact; high cadence protects knees	Moderate joint impact; technique is key	No impact, but requires hip strength and endurance
Difficulty to Persist	Easy to stick to and form a habit	Requires some willpower; easy to quit due to fatigue	Relatively easy to persist, but lower fat loss efficiency
Core Advantages	Safe, pleasant, sustainable; suitable for most people	Fast physical fitness improvement; high time efficiency	Safe, zero entry barrier



# How Can Beginners Start and Learn Slow Jogging Correctly and Scientifically?

## Mindset Preparation

Forget about "speed" and "distance." The goal of Slow Jogging is to be "easy, comfortable, and sustainable." Use the pace at which you can comfortably chat or hum a song as your standard.

## Key Techniques

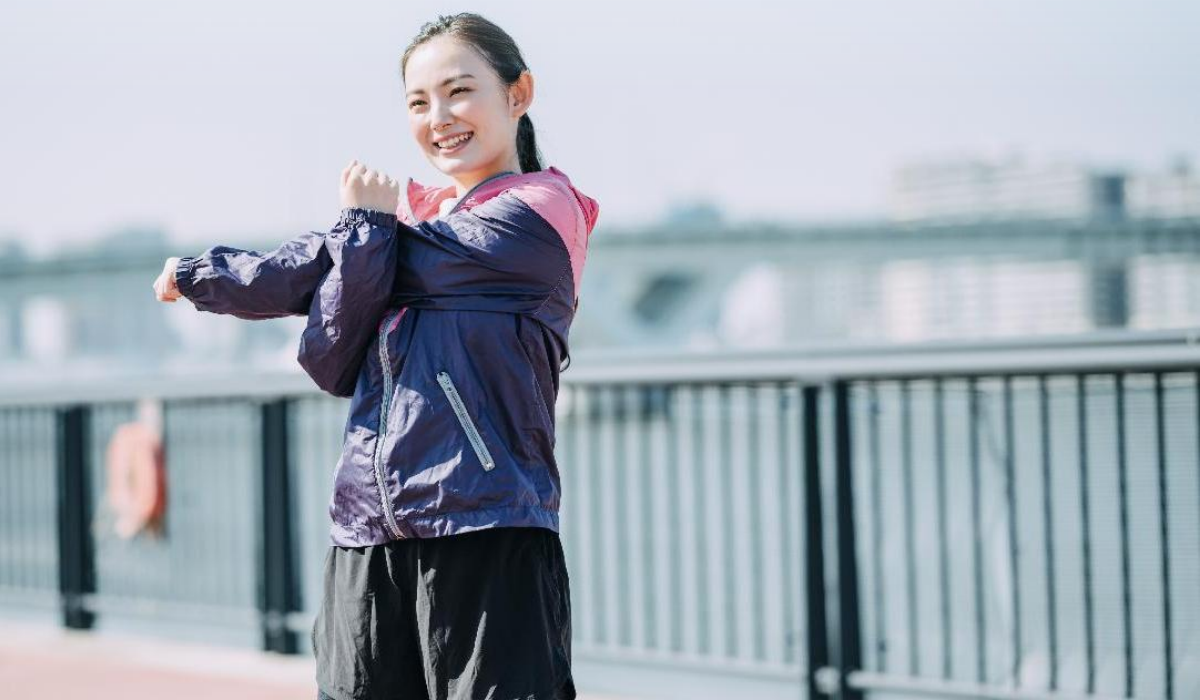
- Take small steps, landing on the forefoot or entire foot, avoiding the "braking" action of heel striking first.
- Aim for 170-180 steps per minute. You can use a metronome app or follow fast-paced music to practice.
- Keep your back straight, look ahead, relax your shoulders, and swing your arms naturally with a bend at the elbows.

## Kick Off Methods

- Start with a Brisk Walk: Begin with a pace slightly faster than your normal walk until you feel your body warming up.
- Transition to Slow Jogging: Based on the brisk walk, try reducing your stride length and increasing your leg turnover frequency to achieve a "bouncing" jogging sensation. Maintain steady breathing.
- Use Run-Walk Intervals: Initially, you can adopt an interval pattern like "jog for 1-2 minutes, walk for 1 minute." Start with a total duration of 15-20 minutes and gradually extend the continuous jogging time.

## Frequency and Duration

It is recommended to do it 3-5 times per week. Start with 15-20 minutes per session and gradually increase to 30-45 minutes based on how you feel.





## How to Set a Slow Jogging Exercise Plan for the Spring Festival Holiday?

During the Spring Festival, daily routines change significantly. Plans should be flexible, practical, and enjoyable:

### Scientific Goal Setting

The primary holiday goal is to "maintain the exercise habit and offset some extra calorie intake," not to pursue high-intensity weight loss. Aim to complete Slow Jogging 3 times per week.

### Reasonable Timing Schedule

Choose relatively free, uninterrupted periods of the day, such as before breakfast, in the afternoon, or before dinner. Each session of 20-30 minutes is sufficient to avoid interfering with gatherings and rest.

### Ideally Location Selection

Community parks, riverside paths, or even quiet roads within the residential area are ideal. On rainy days, you can also do stationary Slow Jogging indoors or climb stairs.

### Make It Fun

Invite family members to join, turning it into parent-child or family bonding time.

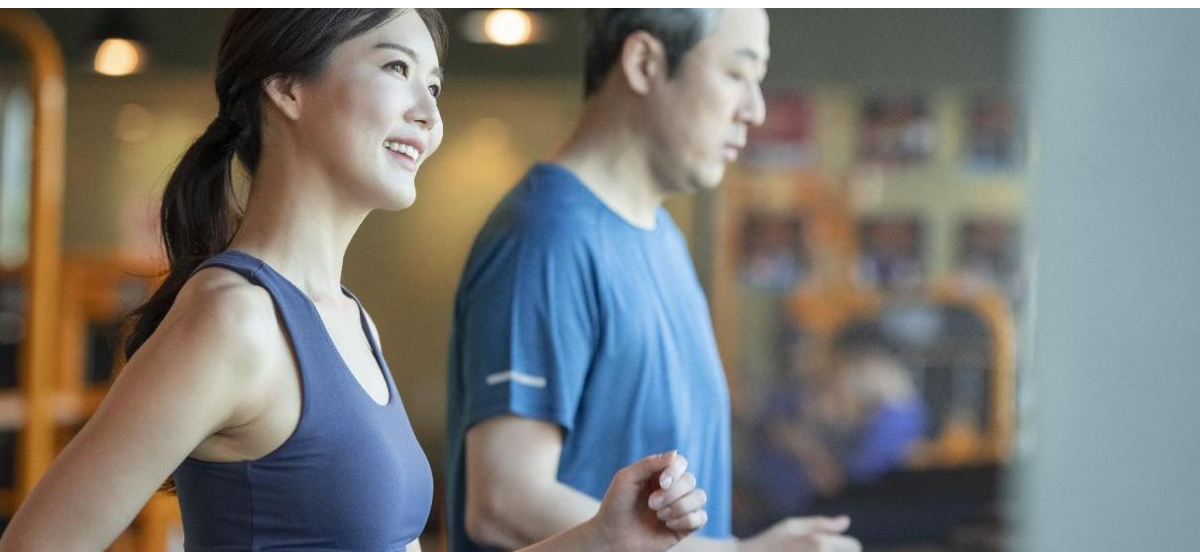
When visiting relatives or friends, use Slow Jogging to explore their surrounding neighborhoods or parks.

Jog slowly while listening to an audiobook or your favorite music.

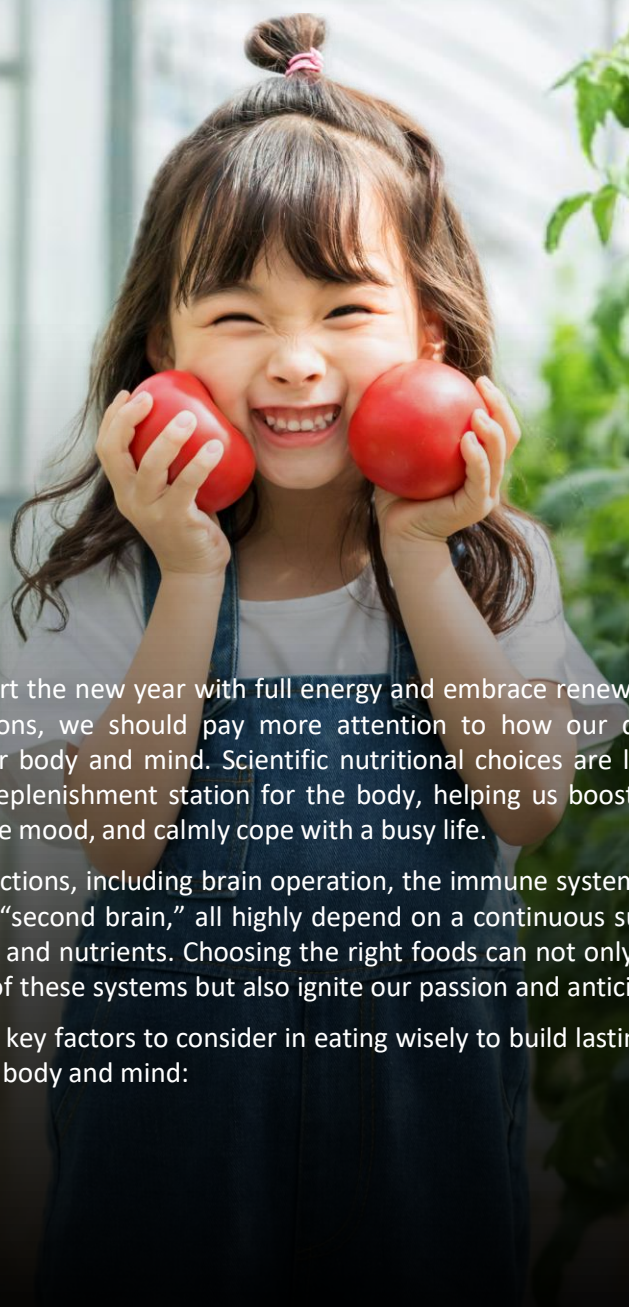
### Dietary Coordination

Drink water moderately before and after jogging. If planning to jog after a feast, allow an interval of at least one hour.

Slow Jogging reverses the traditional notion that "running must be exhausting." With its extremely low barrier to entry and friendly experience, it makes exercise sustainable. This Spring Festival holiday, why not try incorporating Slow Jogging into your schedule? It can not only help you better manage your weight during the festive season but also bring you a relaxed, joyful, and healthy state of mind and body, allowing you to welcome the new year with full vitality.



# Building Your Energy Replenishment Station with Nutrition



In order to start the new year with full energy and embrace renewed challenges and expectations, we should pay more attention to how our daily diet can “recharge” our body and mind. Scientific nutritional choices are like building a solid energy replenishment station for the body, helping us boost vitality from within, stabilize mood, and calmly cope with a busy life.

Our bodily functions, including brain operation, the immune system, and the gut known as the “second brain,” all highly depend on a continuous supply of high-quality energy and nutrients. Choosing the right foods can not only optimize the performance of these systems but also ignite our passion and anticipation for life.

Here are eight key factors to consider in eating wisely to build lasting energy and revitalize your body and mind:





### **Eat well**

Diet is often the first area to be compromised when busy and stressed. Hectic lifestyles can lead to a reliance on processed convenience foods, lacking essential vitamins and minerals. Stress can make it more difficult for our bodies to absorb vital nutrients from food (particularly B vitamins and vitamin C). High cortisol levels depletes nutrients including magnesium and promotes an over active immune system.

Make sure that your diet provides adequate amounts of nutrients such as essential vitamins and minerals, to replenish lost nutrients & support body during difficult times, as well as water, between 6-8 glasses of clear fluid intake a day. Avoid drinking liquid 1 or 2 hours before bedtime, so it won't affect your sleep.

### **Manage caffeine**

Caffeine will give you a quick burst of energy, but then may make you feel anxious, disturb your sleep (especially if you have it before bed). You can find caffeine in: cola, tea, chocolate, coffee and other manufactured energy drinks. Try switching to decaffeinated versions (although these are not suitable if you're very sensitive to caffeine, as they still contain a small amount).

### **Get your 5-a-day**

Eating a variety of different coloured fruits and vegetables every day will help you to get a good range of nutrients, minerals, vitamins, and fibre that our body needs to keep us physically and mentally healthy. As a rule, one portion is about a handful, a small bowl, or a small glass (only 100ml per day counts as a portion).



### **Eat the right fats**

Our brain needs fatty acids (such as omega-3s) to work well. So, instead of avoiding all fats, eating the healthy ones is essential. Healthy omega-3 fats are found in: oily fish (salmon, mackerel, tuna, herring, and sardines) and nuts and seeds (especially walnuts, chia seeds, and flax seeds). An omega-3 deficiency can make you more susceptible to depression & low mood.

Avoid anything that lists 'trans fats' or 'partially hydrogenated oils' in the list of ingredients (such as some shop-bought cakes and biscuits). They can be tempting when you're feeling low, but this fat isn't good for your mood or physical health in the long run.

### **Be active**

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. It can help you reduce some of the emotional intensity that you are feeling and help you handle your problems calmly. Find activities you enjoy and make them a part of your life. If you're not very active but you are able to walk, increase your walking distance gradually. If your joints are a problem, try swimming.

Adults aged 19 and over should do at least 150 minutes of moderate-intensity aerobic activity, such as fast walking, running, swimming or cycling, a week.







### **Take time out**

Take time to relax, and strike a balance between responsibility to others and responsibility to yourself; this can reduce stress levels. Tell yourself that it is okay to prioritise self-care.

Get good quality rest. By improving your sleep environment, addressing your emotional issues and choosing healthier daytime habits, such as food or exercise can help you improve the quality of your sleep.

If you're hungry before bed, have a light snack such as an oatcake with yogurt or warm milk.

### **Cut down on sugary foods**

Eating a diet high in sugar and refined carbs such as white bread, white rice, white pasta can cause wakefulness at night and pull you out of the deep, restorative stages of sleep.

Avoid big meals or spicy foods just before bedtime. Large or spicy meals may lead to indigestion or discomfort. Try to eat a modest-sized dinner at least 3 hours before bedtime.

Finally, remember that adults need between 7.5 and 9 hours of sleep each night.

### **Foods that may help with stress relief**

Brazil nuts are high in selenium. Low selenium is associated with increased rates of depression, irritability, anxiety & tiredness.

Vitamin E, may improve mood by reducing inflammation.

Vitamin D can be found naturally in egg yolks and fortified food and may help with depression and improve people's mood. During winter time most of the people need to take supplements.

Pumpkin seeds are high in potassium, which helps reduce stress and anxiety symptoms. Magnesium is a relaxation mineral

Dark chocolate has a high tryptophan content, which the body uses to turn into mood-enhancing neurotransmitters, such as serotonin, in the brain. It is also a good source of magnesium, which may reduce symptoms of depression

Turkey and chicken are high in tryptophan, an amino acid that the body needs to produce the neurotransmitter serotonin, which helps regulate sleep and mood and may help reduce anxious feelings. Serotonin production is hindered by low B vitamins.

Green leafy vegetables are high in folate, vitamins B3, B6 and B12. Deficiencies can be linked to depression. Low vitamin B can be hindered serotonin production.





# A New Year Family Check-In

## Four Questions to Start the Year with Warmth and Connection

As New Year's Eve approaches, social media often turns into a collective "resolution rally."

Parents reflect on how quickly the year has passed and, in this highly symbolic moment, make heartfelt promises for their children and families:

"Next year, I'll yell less."

"We'll build better study habits."

"Our family will travel more together."

Yet reality can be sobering. Sometimes, before the holiday is even over, old patterns return the moment homework appears—and those well-intentioned resolutions quietly collapse.



## Why is change so hard?

Because a family is not a machine that can simply be “reset.”

It is a finely balanced homeostatic system.

From a systemic family therapy perspective, a family functions much like a thermostat. When we try to change only one element—such as pushing a child to become more self-disciplined—without addressing long-established interaction patterns, the system often reacts to restore its previous balance. This resistance is why many seemingly reasonable changes fail.

Developmental psychologist Alison Gopnik reminds us in *The Gardener and the Carpenter* that parenting is not a standardized process with a fixed manual. When old strategies stop working, it is not a parental failure—it is a signal that the family system needs to evolve.

So this New Year, instead of adding more rules or schedules, consider offering your family a gentle KISS Review:

Find a relaxed evening, sit together, and explore these four questions.



## Keep — What should we preserve?

### Finding the Exceptions

Under stress, parents often develop “tunnel vision,” focusing only on what children did wrong. But effective reflection begins not with problems, but with resources.

In Solution-Focused Brief Therapy (SFBT), therapists emphasize that problems are not constant—and the moments when they do not occur are often the key to change.

Ask yourselves:

When did things go relatively well this year?

What moments felt calm, connected, or meaningful?

Perhaps it was an unplanned afternoon in the park, or a time when your child felt safe enough to talk openly after a disappointing exam.

These moments reflect what psychologists call primary love—quiet, unremarkable, yet deeply sustaining emotional bonds.

Write them down.

They are not coincidences, but valuable deposits in your family’s emotional account.





## Stop — What should we let go of?

### Reducing Internal Friction

This question can be uncomfortable, but it is essential:

Which interaction patterns are we repeating that leave everyone exhausted, yet change nothing?

Two common examples:

The Pursue–Withdraw Cycle

The more parents pressure, the more children avoid.

The more adults try to “fix,” the more distance grows.

Emotional Role Reversal  
(Parentification)

When children become emotional caretakers—listening to adult frustrations and offering comfort—they carry responsibilities that do not belong to them. While this may feel supportive to parents, it is a heavy and inappropriate burden for a child.

A gentle reminder for the new year: Adult emotions should primarily be processed between adults. Return the child to their rightful role—so they can grow freely and safely.



## **Start — What can we try differently?**

### **Creating Glimmer Moments**

#### **Creating Glimmer Moments**

Breakthroughs rarely come from grand annual plans. They begin with small, intentional actions.

Psychology calls this a corrective emotional experience—new, positive interactions that gradually soften the impact of past stress.

Consider:

#### **A simple nature break**

Walking, sitting quietly outdoors, or slowing down together helps regulate the nervous system and restore emotional energy.

#### **Doing something “useful for nothing”**

Gardening, crafting, building models—hands-on activities enhance a child’s sense of control and engagement.

#### **A daily hug before questions begin**

Connection first, performance later.

These small ripples can transform the emotional climate of a home.



## **Improve — Where can we grow?**

### **Embracing Imperfection**

“Improve” is not an invitation to self-blame.

British psychoanalyst Donald Winnicott introduced the healing idea of the “good-enough parent.” Perfection, he warned, is neither realistic nor healthy.

Growth means:

Accepting emotional limits.

Learning through trial and error.

Understanding that facing difficulties together is itself a powerful developmental experience.

Even a 1% improvement is meaningful progress.

MindMatrix, supported by the Marriage and Family Laboratory of Beijing Normal University, specializes in understanding family dynamics through a systemic lens—helping transform emotional knots into meaningful connections.

If you seek professional guidance or a safe space to process family challenges, MindMatrix is always here to support you.

No matter the season, we walk with you.







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