

Health Newsletter

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Spring Returns, We Set Off Together

February is the moment when the year truly comes alive. As the echoes of firecrackers fade and festive lights still glow by the window, the warmth of the Spring Festival lingers in the air. After reunion comes return—return to work, and return to caring for our lives with renewed attention. A new rhythm begins to unfold, and both body and mind deserve a gentle yet determined start.

In this issue of Health Monthly, we begin at the dining table by interpreting the latest Dietary Guidelines, helping everyday meals find clearer direction. We then turn to bone health, reminding readers that calcium supplementation is not only for the elderly but a lifelong foundation. In our frontier technology column, we introduce new advances in early cancer screening, making “early detection” more than just a slogan. Our weight management section offers age-specific exercise suggestions that fit real life, encouraging sustainable habits amid busy schedules. In the family psychology feature, we address emotional tension after returning home for the holidays and present three quick “heart-saving remedies” for the common experience of irritability during family reunions.

Health is not about perfection, but about caring for and restoring ourselves, step by step. This February, as you set out again after the New Year, may you have the strength to move forward and the patience to listen to your body. Let knowledge become your confidence, and action your blessing.

In the Year of the Bingwu Horse, GCL moves forward with you, side by side, toward brighter days.



Interpretation of the Latest Global Dietary Guidelines and Practical Dietary Suggestions for Chinese Residents



The “Dietary Guidelines of 2025-2030” released by global authoritative institution represents a significant consensus in current nutritional science. Its core philosophy can be summarized as an “inverted pyramid” structure, encouraging a diet based on vegetables, fruits, whole grains, high-quality protein (legumes, fish, poultry, eggs, lean meat), and healthy fats (like nuts, vegetable oils), while strictly limiting the intake of added sugars, saturated fats, and sodium (salt). Its fundamental goal is to prevent and control chronic diseases such as obesity, cardiovascular disease, and type 2 diabetes.

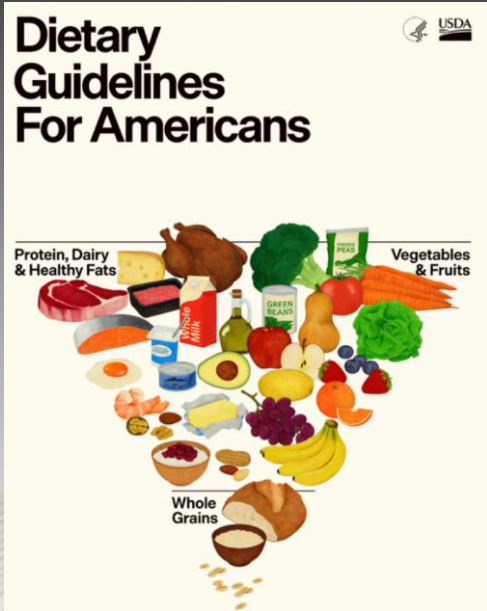


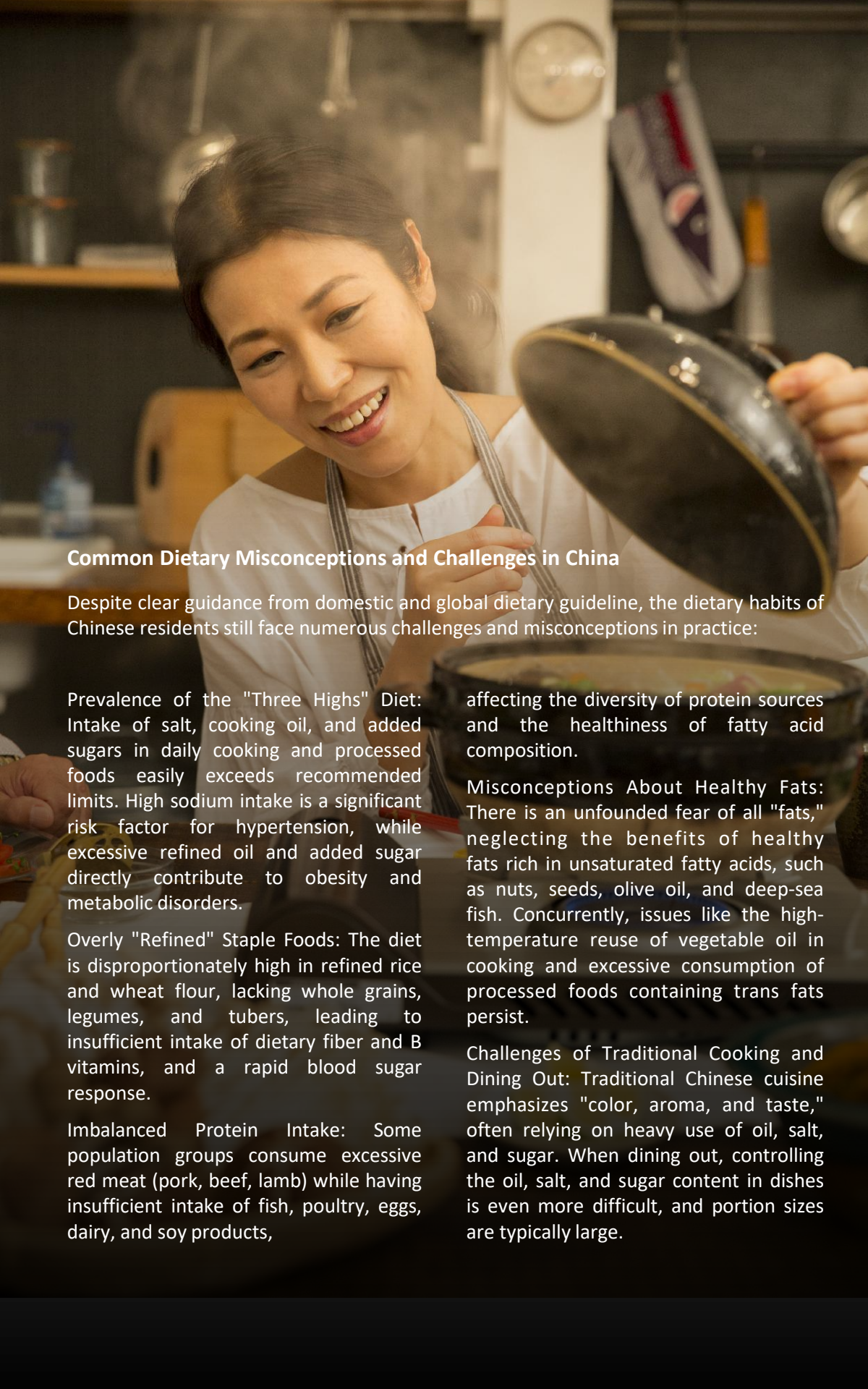
“Dietary Guideline” covers the 12 principles of daily diet below:

- ☑ Prioritize whole, nutrient-dense foods; cut highly processed foods drastically
- ☑ Consume calories by personal factors; drink water/unsweetened drinks; control high-calorie portions
- ☑ Have high-quality protein at each meal; mix animal & plant protein; use healthy cooking methods
- ☑ Take 3 servings of unsweetened full-fat dairy daily (adjust by caloric needs)
- ☑ Eat more veggies, fruits, fermented & high-fiber foods for gut health
- ☑ Have 3 veggie & 2 fruit servings daily (2000-calorie diet); choose whole/ low-sugar processed ones; limit 100% juice

- ☑ Get healthy fats from natural foods; cook with olive oil/butter/beef tallow
- ☑ Eat 2–4 servings of fiber-rich whole grains daily; cut refined carbs; limit saturated fat to $\leq 10\%$ of daily calories
- ☑ Avoid high-salt/sugar processed foods; choose home-cooked/nutrient-dense meals; no sugar-sweetened drinks
- ☑ Control added sugars ($\leq 10\text{g}/\text{meal}$); follow FDA sugar limits for snacks; distinguish added/natural sugars
- ☑ Reduce alcohol intake; avoid alcohol if in special groups (pregnant, medicated, etc.)
- ☑ Limit sodium ($\leq 2300\text{mg}/\text{day}$ for $\geq 14\text{yo}$; age-based limits for kids); avoid high-sodium processed foods; adjust for high activity

This objective aligns closely with the core spirit of China's Dietary Guidelines for Chinese Residents (2022), which advocates for food variety and reasonable combination, with a particular emphasis on "a light diet, low in oil, salt, and sugar." Therefore, integrating the scientific guidance from both countries provides an excellent practical framework for optimizing our daily diet and building a strong health defense.





Common Dietary Misconceptions and Challenges in China

Despite clear guidance from domestic and global dietary guideline, the dietary habits of Chinese residents still face numerous challenges and misconceptions in practice:

Prevalence of the "Three Highs" Diet: Intake of salt, cooking oil, and added sugars in daily cooking and processed foods easily exceeds recommended limits. High sodium intake is a significant risk factor for hypertension, while excessive refined oil and added sugar directly contribute to obesity and metabolic disorders.

Overly "Refined" Staple Foods: The diet is disproportionately high in refined rice and wheat flour, lacking whole grains, legumes, and tubers, leading to insufficient intake of dietary fiber and B vitamins, and a rapid blood sugar response.

Imbalanced Protein Intake: Some population groups consume excessive red meat (pork, beef, lamb) while having insufficient intake of fish, poultry, eggs, dairy, and soy products,

affecting the diversity of protein sources and the healthiness of fatty acid composition.

Misconceptions About Healthy Fats: There is an unfounded fear of all "fats," neglecting the benefits of healthy fats rich in unsaturated fatty acids, such as nuts, seeds, olive oil, and deep-sea fish. Concurrently, issues like the high-temperature reuse of vegetable oil in cooking and excessive consumption of processed foods containing trans fats persist.

Challenges of Traditional Cooking and Dining Out: Traditional Chinese cuisine emphasizes "color, aroma, and taste," often relying on heavy use of oil, salt, and sugar. When dining out, controlling the oil, salt, and sugar content in dishes is even more difficult, and portion sizes are typically large.



Best Practices for a Healthy Diet in China

Integrating the essence of both Chinese and global guidelines, and targeting the dietary misconceptions and challenges outlined above, we propose the following specific, actionable dietary tips:

Advice for the "Three Highs" Diet: Reduce Salt, Oil, and Sugar

Reduce salt: Use a measured salt spoon; add salt just before serving for stronger flavor with less salt; replace some salt and soy sauce with vinegar, lemon juice, and spices (scallions, ginger, garlic, Sichuan pepper).

Reduce oil: Use a measured oil jug; prioritize steaming, boiling, blanching, cold mixing, and quick stir-frying; limit deep-frying; drizzle olive oil over blanched vegetables for flavor with less oil.

Reduce sugar: Drink plain water or light tea instead of sugary beverages; use red dates or pumpkin to naturally sweeten baked goods or porridge.

Overly "Refined" Staple Foods: Whole Grain & Refined Mixed-In

- millet, corn grits, or diced sweet potato to white rice—visually appealing and texturally rich.

- congee or white buns with oatmeal or whole-wheat buns for breakfast; choose multigrain porridge over plain rice porridge.

- Cook legumes like chickpeas or kidney beans together with rice—more satiating and with a gentler blood sugar response.:



Imbalanced Protein Intake: Limit Red Meat, More White Meat, and Soy

Reduce frequency of braised pork or spareribs once per week.

Eat fish at least twice a week, once being deep-sea fish; remove skin from poultry before cooking.

Include one serving of soy products daily, such as tofu, dried tofu, or soy milk; replace some red meat with soy products in dishes (e.g., stir-fried celery, dried tofu, and shredded pork).

About Healthy Fats: Better Oils, Rotate Sources

Use olive oil or flaxseed oil for cold dishes and low-temperature cooking; use regular vegetable oil for stir-frying; have a small handful of nuts daily (approx. 10g).

Alternate between different vegetable oils for a more balanced fatty acid intake.

Do not reuse oil for deep-frying; limit processed foods containing trans fats, such as margarine and baked food.

Healthy Cooking & Smart Dining Out

Healthy Cooking:

- 1) Replace braised and sweet-and-sour dishes with stewed or steamed versions;
- 2) Use non-stick pans to reduce oil;
- 3) Season dishes at the end for better salt control.

Smart Dining Out:

- 1) Ask the chef to prepare dishes with "less oil, less salt, less sugar," or have sauces served on the side.
- 2) Follow the "N-1" ordering rule (order one fewer dish than the number of people) or proactively ask for a takeaway box to avoid overeating.
- 3) Refuse sugary drinks and opt for plain water, unsweetened tea, or soda water instead.

By following these principles, we can not only enjoy the pleasure food brings but also effectively manage weight, stabilize blood pressure and blood sugar through this most fundamental lifestyle aspect "daily diet, investing in long-term health". Healthy eating starts from today.

Women's Bone Health and Key Points of Calcium Supplementation



Spring, a season of growth for all things, is also an ideal time to focus on bone health and implement scientific calcium supplementation. For women, maintaining bone health is particularly critical. Due to unique physiological processes such as the menstrual cycle, pregnancy, childbirth, lactation, and the significant decline in estrogen levels after menopause, women generally experience a faster rate of calcium loss throughout their lives than men, leading to a substantially increased risk of osteoporosis.

Osteoporosis is a disease characterized by reduced bone mass and deterioration of bone microarchitecture, resulting in increased bone fragility. The process is often irreversible, and once a fracture occurs, it severely impacts quality of life. Therefore, emphasizing and practicing scientific calcium supplementation from a young age, especially during the peak bone mass accumulation period of 20-30 years which is a fundamental strategy to effectively delay bone loss in middle and old age and prevent fractures and bone pain.



Clarification and Analysis of Common Calcium Supplementation Misconceptions

Myth One: "Drinking more milk is enough for calcium."

Milk is an excellent source of calcium, but a single food cannot meet the calcium needs across all age groups and life stages. Calcium requirements vary at different life stages (e.g., increased needs during adolescence, pregnancy, menopause). Furthermore, calcium absorption is influenced by multiple factors including vitamin D, dietary combinations (e.g., avoiding simultaneous consumption with high-oxalate foods), and individual digestive and absorptive capacity.

Myth Two: "Young people don't need to supplement; starting at menopause is fine."

This is one of the most harmful misconceptions. Human bone density peaks around age 20-30. Accumulating sufficient "bone capital" when young is like saving money in a bank, it lays a solid foundation to combat the inevitable bone loss in middle and old age. Missing this golden accumulation period significantly diminishes the effectiveness of later supplementation, making it difficult to fundamentally rebuild bone density.

Myth Three: "The more calcium, the better."

Excessive calcium intake (especially through supplements) may increase health risks such as kidney stones, hypercalcemia, and vascular calcification. Calcium supplementation must follow scientific recommended intakes. The Chinese Nutrition Society recommends a daily calcium intake of 800 mg for adult women, and 1000 mg for women over 50, as well as during pregnancy and lactation.

Myth Four: "Plant-based foods don't contain calcium; vegetarian women cannot supplement calcium effectively."

Many plant-based foods are rich in calcium, such as tofu (especially when coagulated with gypsum or brine), soy milk, dark green leafy vegetables (like broccoli, kale), sesame seeds, and almonds.

The key is reasonable combination (e.g., simultaneous intake of vitamin C or consumption of fermented products to enhance absorption) and ensuring adequate vitamin D. Vegetarians can also supplement calcium effectively.

Myth Five: "Drinking bone broth is an efficient way to supplement calcium."

The calcium in bones is difficult to dissolve into the broth. Bone broth has an extremely low calcium content (approximately 2-4 mg per 100 ml) when is high in fat and purines. Relying on bone broth for calcium is far less effective than drinking a glass of milk (containing about 100-120 mg of calcium per 100 ml) or consuming other high calcium foods, and may lead to excessive intake of unhealthy fats.



How to Supplement Calcium Correctly and Scientifically?

A Vital Method for Strengthening Bones and Muscles: Exercise Habits:

Regular strength training (e.g., dumbbell lifts, squats, resistance band exercises) and weight-bearing exercises apply appropriate stress to bones, stimulating osteoblast activity, effectively increasing bone density, and strengthening muscles to protect joints. It is recommended to engage in such exercises 2-3 times per week.

Moderate Sun Exposure: Key to Promoting Calcium Absorption

Vitamin D is the "key" to calcium absorption. The skin can synthesize vitamin D upon exposure to ultraviolet B (UVB) rays in sunlight.

It is recommended to expose the skin of the face and arms to sunlight for 15-20 minutes daily during non-peak sun hours (e.g., before 10 AM or after 4 PM) in summer, without sunscreen, while taking care to avoid sunburn. Extend sun exposure to 30–45 minutes around noon in winter and maximize the area of exposed skin.

Dietary Structure: Meeting Calcium Needs in Stages

Adolescence (14-18 years): Requires 1000 mg of calcium daily. Ensure adequate intake of dairy products (milk, yogurt), soy products, and dark green leafy vegetables.

Adulthood (19-50 years): Requires 800 mg of calcium daily. Maintain a balanced diet with a focus on high-calcium foods.

Menopause and Old Age (50+ years): Requires 1000 mg of calcium daily. Due to decreased absorption efficiency, proactively increase intake of high-calcium foods (e.g., calcium-fortified foods, low-fat dairy) and consider supplements.



Nutritional Supplements: Wise Selection Based on Need

Adults: Consider supplementation if daily diet cannot meet the recommended intake. Calcium carbonate (best absorbed with meals) and calcium citrate (absorption not dependent on stomach acid, suitable for those with low stomach acid) are common choices. A single dose should not exceed 500 mg.

Older Adults: Often require regular supplementation. Always choose calcium supplements that also contain vitamin D, or supplement vitamin D separately (600-800 IU daily), to maximize absorption.

Identifying and Testing for Calcium Deficiency

Common Symptoms: Nighttime leg cramps, unexplained low back pain, loose teeth, and susceptibility to fractures may indicate calcium deficiency, but a doctor's diagnosis is required.

Testing Indicators:

- **Bone Mineral Density Test (DXA):** The gold standard for diagnosing osteoporosis. Pay attention to the T-score (compared to the peak bone mass of a healthy young adult). A T-score ≤ -2.5 indicates osteoporosis.
- **Blood Calcium Level Test:** Blood calcium is usually maintained within a stable range and only decreases with severe deficiency; it can serve as a reference.

Women's bone health is a lifelong "savings" plan. Starting from a young age, actively accumulating and maintaining bone mass through a balanced diet, adequate sun exposure, regular exercise, and scientific supplementation as necessary, forms the cornerstone for facing future challenges and enjoying a high-quality life in old age.





World Cancer Day: The New Technological Revolution in Early Cancer Screening

World Cancer Day, observed annually on February 4th, aims to promote the core concept of "early detection, early diagnosis, and early treatment" globally to reduce the cancer burden. As a country with a high incidence of cancer, China faces a severe situation in cancer prevention and treatment.

It is encouraging that with the groundbreaking progress of **cutting-edge technologies** such as **genetic testing, liquid biopsy, and artificial intelligence**, cancer screening is transitioning from traditional symptomatic examination to a new era of **precise early warning and identification for asymptomatic high-risk populations**. These technologies make it possible to intervene at the very early stages of cancer development, even in the pre-clinical phase, bringing unprecedented hope for conquering cancer.

Cancer Screening Cognitive Bias and Choice Challenges

Despite technological advances, significant cognitive biases and practical difficulties persist among the public regarding early cancer screening.

Firstly, there is a **general lack of emphasis on early screening**. Many hold the wishful thinking of "no symptoms, no need for check," missing the optimal window for intervention.

Secondly, awareness remains weak among clearly defined **high-risk groups** (e.g., those with family history, long-term unhealthy lifestyles).

Furthermore, faced with a **wide variety of examination options** ranging from traditional imaging and endoscopy to emerging genetic testing and liquid biopsy, **the public often feels confused about how to make scientific choices** based on their individual circumstances, easily leading to the two extremes of "over-testing" or "under-testing."

Latest Technological Advances: Three Major Tools of Precision Medicine

Genetic Testing

By analyzing an individual's genetic material (DNA), **genetic testing can assess their innate susceptibility or high risk** for certain specific cancers (e.g., hereditary breast and ovarian cancer, colorectal cancer).

Simultaneously, **polygenic risk scores can comprehensively evaluate an individual's overall risk of developing various common cancers relative to the general population**, helping people understand their genetic predispositions and thereby adopt more targeted preventive measures in lifestyle and screening strategies.





Liquid Biopsy (Blood Biopsy)

Liquid biopsy, especially technology based on circulating tumor DNA (ctDNA) testing, is one of the most disruptive advances in recent years. By analyzing trace amounts of DNA fragments from tumor cells in the blood, it can detect signs of cancer at a very early stage. A blood testing technology called **Multi-Cancer Early Detection (MCED)** can screen for and provide clues to the tissue of origin for a number of common cancers (e.g., lung, liver, colorectal, pancreatic cancer) with a single blood draw, offering **a powerful supplementary screening tool for asymptomatic individuals.**

AI-Assisted Diagnosis

Artificial Intelligence (AI) is shining in the field of medical image analysis. By deeply learning from vast amounts of imaging data, AI algorithms can assist radiologists in **more quickly and accurately identifying subtle lesions and early signs of cancer** in images such as CT, MRI, and mammograms, **significantly improving the sensitivity and specificity of screening**, reducing missed diagnoses and misdiagnoses, and demonstrating immense value especially in high-volume screening work.

Population-Specific Screening Advice

General Population Screening Advice

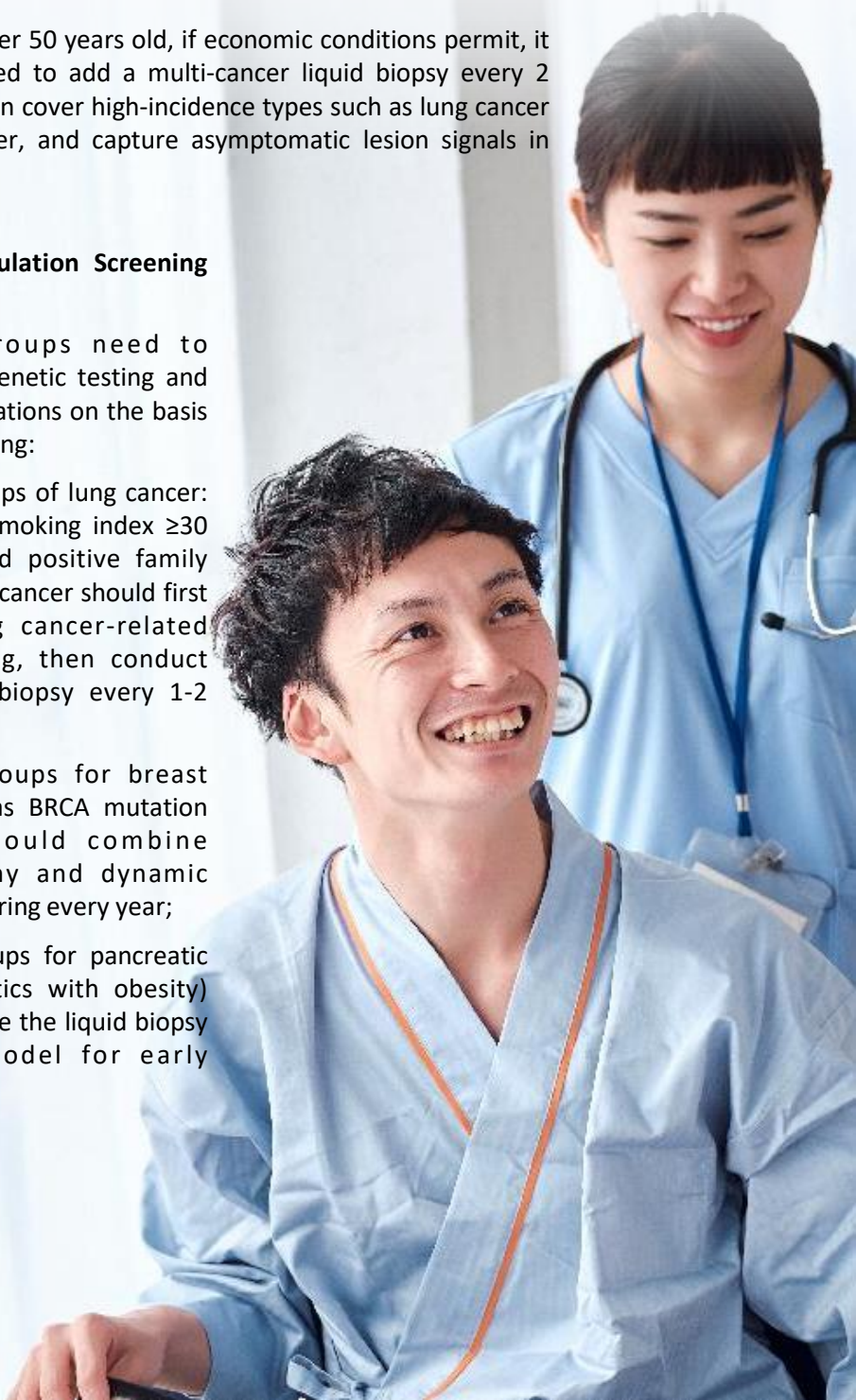
Initiate basic screening from the age of 40: **conduct regular examinations** such as low-dose CT for lung cancer, gastrointestinal

- endoscopy (once every 5 years), and breast ultrasound every year
- For people over 50 years old, if economic conditions permit, it is recommended to add a multi-cancer liquid biopsy every 2 years, which can cover high-incidence types such as lung cancer and liver cancer, and capture asymptomatic lesion signals in advance.

High-Risk Population Screening Advice

High-risk groups need to superimpose genetic testing and special examinations on the basis of basic screening:

- High-risk groups of lung cancer: those with a smoking index ≥ 30 pack-years and positive family history of lung cancer should first undergo lung cancer-related genetic testing, then conduct ctDNA liquid biopsy every 1-2 years;
- High-risk groups for breast cancer (such as BRCA mutation carriers) should combine mammography and dynamic genetic monitoring every year;
- High-risk groups for pancreatic cancer (diabetics with obesity) should prioritize the liquid biopsy detection model for early screening.



Following the Test Results

- Those with positive test results need to **immediately conduct targeted confirmatory examinations** (such as needle biopsy, enhanced CT) to clarify the nature of the lesion;
- Those with **negative results still need to adhere to regular screening** on a cycle and not take it lightly.
- **It is necessary to combine a healthy lifestyle**, quitting smoking and limiting alcohol, balanced diet, and regular exercise to form a double protection with scientific screening and truly achieve "early detection and early cure" of cancer.

For cancer prevention and control, prevention is better than cure, and screening is better than late detection. High technologies represented by genetic testing, liquid biopsy, and AI diagnosis are pushing cancer screening into a new phase of "earlier, more accurate, and more personalized." The public should enhance scientific awareness and reasonably utilize these tools under professional guidance based on their personal risk.



Work Smarter Not Harder: Age-Based Tips For Fitness



It's no secret that an active lifestyle is good for your body and mind. People with a regular fitness routine are more likely to have better health and greater independence as they age. But did you know that the kind of exercise we need to do changes with age? The exercise regimen that worked for you in your 20s may not be what your body needs in your 40s, 50s, 60s and beyond. Today, we'll highlight how you can change your exercise routine to help you feel healthy and happy, whatever your age.

What's happening to my muscles?

As we age, it's normal for skeletal muscle to lose mass and strength. Our muscles aren't able to regenerate as well and can decline in overall performance. But muscle strength and coordination are essential as we age in order to keep up with everyday life. Muscle strength powers the activities we want to do. It helps with everyday tasks, like bringing in the groceries and climbing stairs. It also helps prevent falls and makes it easier to get up from them.

Exercise won't reverse or stop the effects of age on muscle mass and strength. But it can slow the loss of function that naturally occurs as we age. In other words, exercise becomes more important as we age—not less.

Looking for guidance on changing your routine?

We can help. At Teladoc Health, we can help you reach your health goals through a more active lifestyle.

The CDC recommends that healthy adults should get 150 minutes of moderate-intensity cardio (aerobic) activity per week. That breaks down to about 30 minutes a day, five days a week. Adults who prefer high-intensity activity should aim for 75 minutes per week. They also recommend doing strength (resistance) training activities twice a week or more. Choose a variety of activities that build up your endurance, strength, balance and flexibility. As you age, you can shift what you focus on in your workouts and lifestyle to give your body what it needs.



Tips for your fitness routine as you age:

In your 20s and 30s: This is the time to develop an active lifestyle and good eating habits to form a foundation for life. Activities include walking or jogging, dancing, swimming, biking, hiking outdoors and court sports like tennis, pickleball or basketball. Realistically, career and family obligations can make it hard to find time for fitness. But it's always worth it to fit in cardio and strength training at least a few times a week.

In your 40s: These years are a great time to continue with and build on the good habits you started in your 20s and 30s. Continue to aim for 150 minutes a week of cardio and eat well-balanced meals to stay healthy and strong. Also, do strength training like lifting weights a few times a week.

In your 50s: Midlife adults might start to shift down the intensity of their exercise but increase the duration. Instead of a moderate run, maybe you opt for a longer brisk walk to get the benefits without the impact. Some ideas for strength work are body weight exercises like pushups and pullups, squats and resistance training with elastic bands.

In your 60s and beyond: Older adults should mix in some balance work a few times a week, in addition to cardio and strength activities. You can work on your grip strength with exercises like squeezing a tennis ball. Some activities, such as Tai Chi and dancing, combine strength, cardio and balance work.

At any age, it's important to incorporate stretching into your activities. Flexibility helps you move freely in your everyday activities. Remember to treat your body to a warmup and cool-down before and after cardio activities. And always listen to your body. If something hurts or doesn't feel right, stop and reassess. Talk with your primary care provider about starting or making any changes in your exercise routine to make sure it's safe for you. They can help you fine-tune the right amount and type of exercise based on your health needs and goals.



Why Do We Lose Our Temper as Soon as We See Our Parents?

Three Emotional “First-Aid Pills” for Going Home During the Holidays

As the Spring Festival approaches, many people find themselves saying the same thing:

“Every time I go home and see my parents, I become irritable and short-tempered. We’re just not on the same wavelength. Communication feels impossible.”

What’s frustrating is that even those who have spent years working on their psychological growth still struggle in front of their parents.

I was chatting with another therapist about writing on “anger and the family of origin.” He immediately said, “Please do. Just thinking about going home for the New Year gives me a headache.”

As a psychodynamic therapist, I want to explore:

why we so easily feel “reduced to our old selves” with our parents,

the limits of our instinctive reactions,

and three simple ways to step out of emotional chaos.

This article takes about five minutes to read.



Why Do We Feel Like We've Been "Thrown Back in Time"?

In psychotherapy, there is a concept closely related to this feeling: regression.

Regression refers to a psychological state in which a person temporarily returns to earlier, less mature emotional and behavioral patterns (Winnicott, 1965).

For example, a client may begin to behave like a child in therapy:

insisting that the therapist repeatedly adjust the room temperature,

expecting immediate replies to emails at all hours,

crying "You don't understand me" without being able to say what they actually need.

Although regression may look like weakness, it is also a meaningful stage in therapy. It allows us to see:

Unmet emotional needs from early life

A client who constantly cries may have experienced neglect or abandonment in childhood. Someone highly sensitive to physical comfort may have lacked adequate caregiving as an infant (Bowlby, 1988).

The activation of bodily memory

Early trauma is often stored in the body rather than in words. These memories surface only when a person feels safe enough to re-experience them (Schoore, 2012).

Corrective emotional experiences

Through empathy and emotional holding, the therapist can offer a new kind of emotional relationship, gradually repairing early deficits (Winnicott, 1965).



Why Can One Sentence from Parents Instantly “Break Us”?

Regression does not only happen in therapy. It also happens with parents.

Each emotional collapse in front of them is often an injured inner child re-enacting old wounds and seeking a different emotional outcome (Malan, 1979).

For example: When parents ask, “What are you eating tonight?” “Where are you traveling?” “How much will that cost?” These may sound neutral, but to you they may carry hidden judgments about your choices and attempts to control your life.

This “apparently democratic but actually controlling” style can reactivate childhood emotional memories, pushing you into a stress response.

Or when they say: “This job of yours is unreliable. You should work for the government.” “You waste money. You’ll regret it when you’re old.” These remarks bring you back to an old experience: “I say this for your own good,” while discharging anxiety and negativity onto you. The irritation, anger, and urge to escape are signs that emotional memory has been triggered.

And then comes the final blow: “What did I even say? Why are you so sensitive?” This dismissive tone can make emotions explode instantly.

What seems like a present interaction is actually a door opening into the past: your inner child’s trauma pattern has been activated (Bowlby, 1988).



Three Common Trauma Responses: Fight, Flight, Freeze

When trauma is activated, people often unconsciously enter the 3F response.

Fight: Strengthening Old Neural Pathways

Arguing in hopes of “winning” or forcing parents to apologize may feel like a victory.

But in reality, it only reinforces old emotional circuits (Schoore, 2012).

Parents may reply, “I’m only doing this for your good.”

Instead of understanding, you feel more hopeless:

“They will never understand me.”



Flight: Short-Term Relief, Long-Term Cost

Avoiding contact, staying silent, or emotionally cutting off may reduce conflict temporarily.

But the emotional price is high:

unresolved guilt, and emotional patterns that resurface in other relationships.

Freeze: Numbness and Inner Exhaustion

Emotional withdrawal may look efficient, but it often traps people in helplessness:

“Maybe this is as good as it gets.”

Suppressed emotions do not disappear.

They turn into endless inner questioning:

“Why won’t they change?”

“Why can’t I let go?”





From Trauma to Reconstruction: Three Emotional “First-Aid Pills”

Interrupt Automatic Reactions: Create a Pause

When anger rises, your entire nervous system is activated. Your heart races, your palms sweat, and your voice rises without noticing.

A simple and powerful method is slow breathing. Deep breathing activates the parasympathetic nervous system and brings the body out of threat mode (Damasio, 1994).

How to do it:

Focus on your nostrils.

Slowly inhale.

Slowly exhale.

Repeat three times.

It sounds basic, but it works even in trauma therapy.

Never underestimate it.

Shift Perspective: See the Family System

In therapy, clients often draw a family tree or review their developmental history. Even this simple reflection can be transformative.

Try seeing your parents as family survivors:

What shaped their personalities?

How did their parents treat them?

What role did they occupy among siblings?

This does not mean excusing their behavior.

It means understanding where patterns come from.

At this point, the journey becomes inward — about your own emotional landscape (Bowlby, 1988).



Build a Support System: Create a Safe Base

Actively build emotional support: friends, therapists, hobbies like writing, painting, or traveling.

List these resources clearly.

This becomes your psychological safe base —a place to return when emotions feel overwhelming.

Learning to pause emotional habits, understand family complexity, and build inner safety are all steps from trauma toward reconstruction.

You may not be able to change your parents, but you can create a larger, steadier inner world for yourself.

May this Spring Festival bring you more calm and strength.

If these ideas resonate, I would love to hear your thoughts.





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