Health Newsletter

-Generali China GBD

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As Spring Deepens,
We Move Toward Warmth

In March, the wind softens and new growth quietly unfolds. We, too, begin to emerge from the lingering chill, moving gently toward warmth and regaining our strength in the ordinariness of everyday life.

In this issue of Health Monthly, we turn our attention to a deeper level of care for the body. Marking the International HPV Awareness Day, we highlight women's health and the importance of prevention, reminding us that protection begins with understanding. On World Kidney Day, we draw attention to vital yet often overlooked signals from within. In nutrition, we explore recommended daily sugar intake, seeking a balance between sweetness and well-being. In the context of exercise, we offer guidance on effective hydration, so that every drop of sweat is both safe and beneficial. As Qingming approaches, we also make space to reflect on grief—on loss, remembrance, and the quiet work of continuing with life.

Health is not only measured by physical indicators, but also by how we relate to our emotions and to life itself. Perhaps what spring teaches us is a kind of gentle, ongoing restoration—not rushed, yet always moving forward.

May this March find you tending to the small, tangible rhythms of life—nourishing yourself with each meal, completing a moment of movement, and finding a place for what you carry in your heart. Nothing grand is required; to move forward, steadily and quietly, is already to be within spring.

International HPV Awareness Day 2026: Understanding HPV and Care Women’ s Health

International HPV Awareness Day is observed annually on March 4, initiated by the International Papillomavirus Society, to raise public awareness of human papillomavirus (HPV) infection and related diseases. March 4, 2026 marks the ninth International HPV Awareness Day and let us scientifically understand the HPV and care women’s health.

HPV is a common sexually transmitted virus with over 200 identified genotypes, approximately 40 of which are associated with genital tract infections. Based on cancer risk, HPV is classified into high-risk types (e.g., HPV 16, 18) and low-risk types (e.g., HPV 6, 11). Persistent infection with high-risk HPV is the leading cause of cervical cancer, while low-risk HPV primarily causes benign conditions such as genital warts.

This article is for the general public, helping you understand HPV-related knowledge, identify common health misconceptions, and master scientific prevention and screening methods.

Insufficient HPV Awareness and Gender Bias

Many people mistakenly believe that "only women need to pay attention to HPV". In fact, HPV infection does not discriminate by gender, men can also be infected with HPV, leading to genital warts, anal cancer, oropharyngeal cancer, and other diseases. Globally, approximately 36,000 cancer cases (in both men and women) are associated with HPV infection each year.

Multiple Misconceptions About Vaccination

Common misconceptions about HPV vaccination include: "Too old to get vaccinated," "Vaccination is useless after sexual debut," and "Men don't need vaccination." These are all incorrect. Research shows that even after sexual debut, vaccination can still prevent infection with HPV types not yet acquired; male vaccination not only protects themselves but also contributes to herd immunity.

Weak Screening Awareness

Many women have never undergone cervical cancer screening or lack awareness of its importance. Meanwhile, upon receiving an HPV-positive result, the public often exhibits two extreme reactions: excessive anxiety (believing cancer is inevitable) or complete neglect (assuming it will resolve on its own). In fact, the vast majority of HPV infections are transient and can be cleared by the immune system within 1-2 years; only persistent infection with high-risk HPV may progress to cervical cancer.

Health and Medical Recommendations for Different Populations

For the General Population

Lifestyle Habits

Safe sex practices: Correct condom use can reduce HPV transmission risk but does not provide complete protection (virus may exist in areas not covered by the condom)

Personal hygiene: Do not share personal items such as towels and bath towels with others

Boost immunity: Maintain regular sleep patterns, balanced nutrition, and moderate exercise to help clear existing HPV infections

Screening Recommendations

Women should undergo regular cervical cancer screening according to age-specific guidelines. According to recent guidelines, women aged 25-65 years should undergo regular HPV testing or cytology screening. This test can be performed during a routine physical examination or under the guidance of a specialist in a hospital.

Prevention: How to Choose an HPV Vaccine

Age-appropriate early HPV vaccination is the most effective means of preventing HPV infection and related diseases. Currently approved HPV vaccines in China include both domestic and imported brands, allowing different populations to choose according to their circumstances:

Bivalent

Types Covered：HPV 16/18 (prevents ~70% cervical cancer)

Recommended Brands：Wozeai (Domestic, Yuxi Zerun); Cecolin (Domestic, Xiamen Innovax); Cervarix (Imported, GSK)

Eligible Populations：Females 9-45 years

Advantage：High cost-effectiveness; The domestic HPV vaccines ("Woze'ai" and "Cecolin") have been included in China' s National Immunization Program. Girls born on or after November 10, 2011, who have reached the age of 13, are eligible to receive the vaccine free of charge.

Quadrivalent

Types Covered：HPV 6/11/16/18 (prevents genital warts and cervical cancer)

Recommended Brands：Gardasil (Imported, MSD)

Eligible Populations：Females 9-45 years;Males 9-26 years

Advantage：Only quadrivalent vaccine available for males

Nonavalent

Types Covered：9 types (prevents ~90% cervical cancer)

Recommended Brands：Gardasil (Imported, MSD)Domestic 9-valent (Innovax/Boyao, gradually available)

Eligible Populations：Females 9-45 years;Males 9-26 years (imported)

Advantage：Broadcast coverage; domestic option more affordable

For High-Risk

High-Risk Groups

- Early sexual debut (<16 years)
- Multiple sexual partners or partners with multiple sexual partners
- Immunocompromised individuals (e.g., people living with HIV, organ transplant recipients, long-term immunosuppressant users)
- History of cervical lesions
- Family history of cancer (especially cervical cancer)

Vaccination and Screening Recommendations

Vaccination: Regardless of sexual history, HPV vaccination is recommended for all eligible individuals aged 9-45 year. It recommends 2 doses for children and adolescents aged 9-14 years, and 3 doses for those aged 15 years and older in China.

Screening: More frequent screening should be performed, with HPV/TCT co-testing recommended, and regular follow-up (e.g. 1 year) as advised by physicians. Women living with HIV face significantly higher cervical cancer risk and should prioritize screening under the guidance of doctor.

For HPV-Positive Individuals and Those with Cervical Lesions

Treatment Principles

Low-grade lesions: Focus on enhancing immunity, regular monitoring, and follow-up observation. Most HPV infections clear spontaneously and do not require overtreatment

High-grade lesions: Should receive standardized surgery and treatment to prevent progression to invasive cancer. According to the Guidelines for Cervical Cancer Screening in China, individuals with positive primary HR-HPV screening should undergo cervical cytology as the primary triage method.

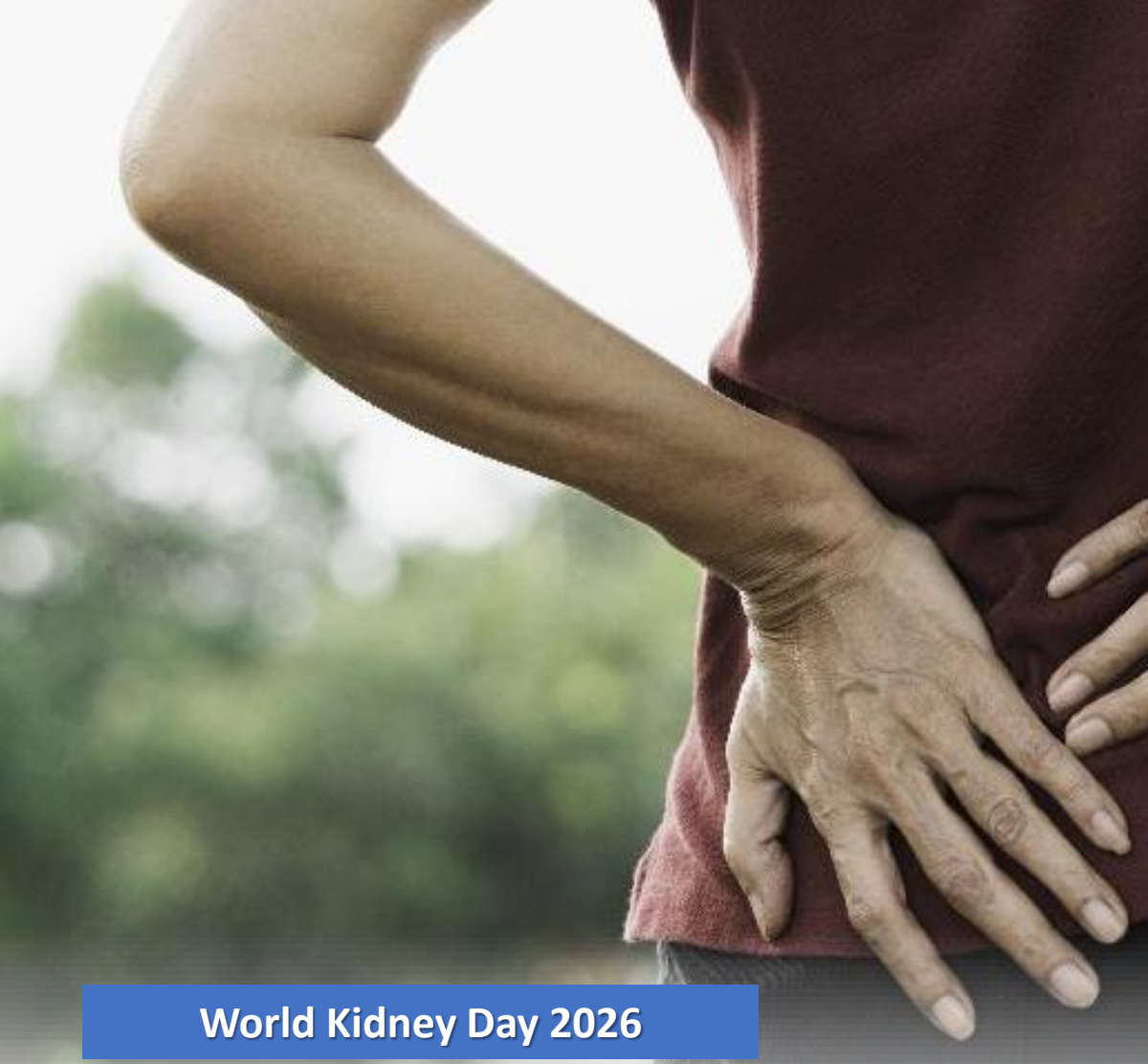
Daily Self Care

Follow-up as advised: Do not discontinue medication or follow-up without consultation. HPV-positive individuals should determine follow-up intervals based on physician recommendations

Maintain healthy lifestyle: Regular sleep patterns, moderate exercise, and balanced nutrition help enhance immunity and promote viral clearance.

Psychological adjustment: Correctly understand HPV infection and avoid excessive anxiety. Conditions like genital warts are treatable.

HPV infection is common, but diseases like cervical cancer are preventable. Through the three-level prevention strategy of vaccination, regular screening and scientific management, we can achieve the global goal of cervical cancer elimination. Starting today, understand HPV scientifically and take responsibility for your and your family's health!



World Kidney Day 2026

Protecting Your Kidneys for Lifelong Health

World Kidney Day falls on the second Thursday of March each year—March 12, 2026 marks the 21st World Kidney Day. Jointly established by the International Society of Nephrology and the International Federation of Kidney Foundations, it aims to raise global awareness of chronic kidney disease (CKD), promote early prevention, early screening, and early management, and reduce the burden of kidney disease.

Globally, over 850 million people live with some form of kidney disease, and CKD often develops silently without clear symptoms in its early stages. In China, the number of CKD patients has reached 160 million, ranking first in the world, yet awareness, treatment, and control rates remain generally low. This article is for the general public, helping you understand the causes of common kidney diseases, identify health misconceptions, and master essential kidney protection strategies.

Low Awareness: The kidneys have remarkable compensatory capacity, even with 70% of nephrons damaged, symptoms may still be absent. Kidney disease is like a "silent killer" and early stages often show no obvious symptoms. Once it progresses to end-stage (such as uremia), treatment costs are high and quality of life plummets. Most patients are diagnosed at moderate to advanced stages, missing the optimal window for intervention.

Drug-Induced Kidney Damage: Medication abuse and herbal remedies with unknown ingredients are common "kidney-harming" behaviors. NSAIDs (e.g., ibuprofen), aminoglycoside antibiotics (e.g., gentamicin), and herbs containing aristolochic acid (e.g., Aristolochia manshuriensis) can cause irreversible tubular damage.

Lifestyle Changes Increase Kidney Risk: High-salt diets, staying up late, sedentary lifestyles, obesity, hypertension, and diabetes are occurring at younger ages, significantly advancing the onset of kidney disease. Kidneys work under prolonged overload and gradually lose their compensatory capacity.

Key Tests Often Overlooked in Health Checkups: Many people overlook urinalysis and kidney function tests during health checkups, and high-risk groups lack awareness of regular screening. Two simple tests-urinalysis and blood creatinine can detect kidney abnormalities early.

Insufficient Preventative Awareness in Chronic Disease Patients: Patients with hypertension and diabetes pay insufficient attention to "kidney protection", leading to rapid progression of complications. Controlling blood pressure and blood sugar is the cornerstone of slowing kidney disease progression.

Health and Medical Recommendations for Different Populations

For the General Healthy Population

Lifestyle Habits Recommendation:

Low-salt diet: Daily salt intake <5 grams (about one beer bottle cap), avoid pickled foods, processed foods, and other "hidden salts"

Adequate hydration: at least 2000 ml daily (about 7-8 cups), drink throughout the day, limit sugary drinks

Smoking cessation and alcohol limitation: Smoking exacerbates hypertension and tissue hypoxia, accelerating kidney disease progression

Regular routine: Avoid staying up late, do not hold urine, prevent urinary tract infections from ascending and damaging the kidneys

No medication abuse: Consult a doctor before taking any medication (including supplements)

Screening Recommendations

Annual checkup essentials

Urinalysis and kidney function tests (blood creatinine, urea, uric acid).

For High-Risk Populations

High-Risk Groups

Hypertension, diabetes, obesity, high cholesterol, family history of kidney disease, long-term medication users, older adults (>60 years)

Chronic Diseases Management

Strict blood pressure control: Target blood pressure for CKD patients <130/80 mmHg, prefer ACEI/ARB medications (lower both blood pressure and proteinuria)

Strict blood sugar control: HbA1c <7.0%, prioritize glucose-lowering drugs with kidney protection benefits such as SGLT2 inhibitors

Avoid nephrotoxic medications: Use NSAIDs, certain antibiotics, and herbal remedies of unknown composition with caution

Regular follow-up: Adjust treatment plans as advised by physicians

Screening Recommendations

Every 6-12 months, check the urinalysis, kidney function, and urine albumin-to-creatinine ratio (UACR). UACR >30 mg/g indicates early kidney damage. In addition to laboratory tests, the possibility of early renal impairment should also be considered if the following symptoms occur: changes in the appearance and characteristics of urine (foamy urine, hematuria, increased urination at night), swelling of the eyelids or lower limbs, unexplained fatigue, anemia, or elevated blood pressure.

For People with CKD or Kidney Damage

Treatment Principles

Receive standardized treatment in nephrology departments to slow progression and avoid rapid entry into dialysis. Treatment goals include not only kidney protection but also complication management to reduce mortality and improve quality of life.

Health Management

- Low-salt diet: Daily salt intake <5 grams, further restriction if severe edema
- High-quality low protein: 0.6-0.8 g/kg body weight daily, prioritize animal proteins like eggs, milk, lean meat, and fish
- Low-potassium diet: If blood potassium is elevated, limit high-potassium foods like bananas, oranges, potatoes, and spinach; blanch vegetables to reduce potassium
- Fluid balance: Normal fluid intake if no edema; if edema or oliguria, "output-based intake" as advised by physician

Monitoring and Follow-up

- Daily self-monitoring: Blood pressure, body weight, urine output (if edema)
- Regular follow-up: Visit nephrology department every 1-3 months to monitor kidney function, electrolytes, urine protein, etc.
- No unauthorized medication changes: Especially foundational treatments like antihypertensives and glucose-lowering agents

Starting today, establish your healthy lifestyle and integrate preventive measures into daily life: control blood pressure and blood sugar, eat and drink wisely, use medications cautiously, and get regular checkups. Only then can you truly protect the kidney health.

How Much Sugar a Day Is Safe for You?

How Much Added Sugar Is Okay Each Day?

There aren't set recommendations for the amount of naturally occurring sugars you should eat. However, there are guidelines for added sugars.

Adults get an average of 13% of their calories from added sugar, which is higher than current recommendations. The Dietary Guidelines for Americans (DGA) recommend that adults limit added sugars to no more than 10% of their total caloric intake.

For reference, if you get 2,000 calories a day, the guidelines recommend limiting your added sugar intake to 12 teaspoons (50 grams) per day.

The American Heart Association (AHA) has more ambitious recommendations. They suggest adults limit added sugars to no more than 6% of total daily calories. This is 6-9 teaspoons, or about 30 grams of sugar, for a 2,000-calorie diet.

The recommendations are lower for children. Infants younger than 2 should not consume any added sugars. Children older than 2 should get no more than 6 teaspoons (25 grams) per day.

Read the Nutrition Label

You can check the natural and added sugar content of a food by reading the nutrition label:

Total sugar: This number includes both natural and added sugars.

Added sugars: This number will either be the same or lower than the total sugar.

If it equals the total sugar, this means that all the sugar in that product is added sugar. A product might contain 10 grams of total sugar, but only 1 gram is added sugar.

What's the Difference Between Natural and Added

Your body generally processes all forms of sugar in the same way—with a few exceptions.

Carbohydrates in whole foods like fruits, vegetables, beans, and whole grains contain a variety of starches, including complex carbohydrates and fiber. Table sugar and other sweeteners are simple carbohydrates.

Complex carbohydrates contain three or more types of sugar and also offer nutrients like fiber. As a result, they digest more slowly, which prevents blood glucose (sugar) spikes.

Your body also produces short-chain fatty acids (SCFAs) to digest fiber in complex carbohydrates. SCFAs can also promote gut health because they're fermented in the colon and can increase the growth of good bacteria.

When it comes to being mindful about how much sugar you eat, focus on added sugar.

Risks To Watch Out For

Sugar—especially natural sugar—is fine in moderation. However, excess sugar intake can lead to excess calorie intake, which can cause weight gain.

Excess body fat is associated with many health conditions, including:Hypertension 、Heart disease、Sleep apnea、Osteoarthritis、Chronic pain、Cancer

Added sugar includes fructose, honey, maple syrup, agave, and more.

Dental Caries (Tooth Decay)

Higher intake of added sugar was also associated with greater dental caries. Consuming less than 10% of total calories from added sugars greatly decreases the risk of tooth decay and cavities.Foods with natural sugars—like milk and fruit—may not pose the same risk to dental health. Researchers believe this is due to other nutrients in these foods, such as fiber, water, calcium, and antioxidants.Dried fruit can be problematic for teeth because it gets stuck between them.

Heart Disease

Added sugars have been linked with cardiovascular disease (CVD) risk. However, the relationship isn't as concrete as you might think.

A few reviews and meta-analyses have examined this relationship. Some reviews found a strong relationship between added sugar intake and CVD risk, particularly when it comes to sugar-sweetened beverages. Other studies had mixed results.

More high-quality research is needed to examine this possible relationship.

Diabetes

Type 2 diabetes is often associated with sugar and other carbohydrates. You do want to be mindful of your sugar intake if you already have diabetes, as this can help prevent blood glucose spikes.

However, it's not so straightforward if you're trying to prevent the disease. Research regarding added sugars and diabetes risk is largely inconclusive.

Diabetes risk factors include genetics, a sedentary lifestyle, and being over 45 years old. Added sugar consumption is not considered a primary risk factor.

Sugary drinks are linked with type 2 diabetes, so it's recommended to limit these beverages in favor of water whenever possible.

Consuming added sugars in addition to solid fats and excess calories has been linked with type 2 diabetes. It may not be added sugars alone that increase the risk of diabetes.

Non-Alcoholic Fatty Liver Disease (NAFLD)

Non-alcoholic fatty liver disease (NAFLD) is a condition in which excess fat builds up in your liver. It's one of the most common causes of liver disease in the U.S.

There's some evidence that eating a lot of added fructose—often found in sugar-sweetened beverages—can increase your risk of NAFLD.

Research on NAFLD and sugar largely focuses on sugar-sweetened beverages. One 2019 study found a significant association between higher consumption of sugar-sweetened beverages and NAFLD.

Again, these studies are largely observational. They suggest an association between added fructose and NAFLD, but they don't show clear evidence that fructose causes NAFLD. Many factors can increase your risk of developing NAFLD, including type 2 diabetes and genetics.

What Foods Should You

Beverages are the most common source of added sugars. This includes soft drinks, fruit drinks, sports drinks, coffee, and tea. These beverages account for about 50% of all added sugars.

Foods like candy, desserts, and other sweet snacks are more obviously high in sugar, but some high-sugar foods might surprise you.

The most common food sources of added sugars are:Sandwiches、Breakfast cereals and bars、Sweetened yogurt

Sandwiches account for 7% of people's added sugar intake. Sugar is often used as a preservative in bread or condiments.

Breakfast cereals, granola bars, and sweetened yogurt are other common sources of added sugar in the diet. For example, one serving of a popular vanilla Greek yogurt contains around 9 grams of added sugars.

Simple Ways To Cut Back on Sugar

Request less sweetener (or no sweetener) in your go-to coffee order.

Focus on lower-sugar drinks like water, unsweetened tea, milk, or low-sugar dairy-free milk, and sparkling water.

Eat a variety of foods that have fiber, protein, and healthy fat throughout the day to stop sugary food cravings in the evening.

Choose snacks like whole fruit, nuts, seeds, veggies, and hummus rather than relying on high-sugar, more processed options.

Prioritize products free of added sugars when possible—for example, buy yogurts, nut and seed butters without added sugar.

Purchase unsweetened products and sweeten them yourself with fruit or a little bit of honey or other sweetener.

6 Tips for What To Drink During a Workout

It's important to consume the right amount of fluids and know the risks of dehydration when you are considering what to drink during a workout. Water or sports drinks can replenish lost fluids and electrolytes. Chocolate milk can provide carbohydrates and protein, making it a good post-workout recovery drink.

More than 60% of your body is made up of water. You can lose quite a bit of water when you work out. Drinking water helps your joints and body tissues function, regulates body temperature, and transports nutrients.

Choose the Right Beverage

The simplest solution is sometimes the best, and that's true when choosing a workout beverage. "If you're an average person, then water after a workout is just fine," Nancy Clark, RD, a sports nutritionist and author of "Nancy Clark's Sports Nutrition Guide Book," told Health.

Opt for chocolate milk if your workout is more intense and you spend more than three hours at a time doing it. Chocolate milk has sodium and calcium, which you lose when you sweat. It also has carbohydrates to refuel and give you energy. The protein helps to repair any cell or tissue damage. Note: Some may feel sluggish when drinking milk during a workout, so chocolate milk may make for a better post-workout drink.

Sports drinks, coconut water, or other beverages are fine if you do not like milk or water. You can also replenish electrolytes, or minerals that balance the water in your body and the pH (acidity) of your blood, through foods. Examples include avocados, bananas, orange juice, and tofu.

Consume the Right Amount

There is no set amount of water that you should consume during exercise. Clark advised that you "drink to thirst."

There are ways to calculate your sweat rate. You'll need to weigh yourself before and after you workout and do a few calculations.

Clark said that you should drink about 8 ounces of water every 15 minutes if you lose a quart of sweat in an hour. A good rule of thumb is to drink 4-8 ounces every 15-20 minutes during your workout if you want to skip the math and tend to sweat a lot.

Do Not Drink Too Much

It's possible to drink too many fluids, but it's uncommon. It's more of a risk during marathons and triathlons. Athletes who consume a lot of fluids (even sports drinks) but not enough sodium can develop a life-threatening condition called hyponatremia.

Hyponatremia symptoms include:Agitation、Confusion、Fatigue、Headache、Hypotension (low blood pressure)、Muscle cramps, twitching, or weakness、Nausea or vomiting、Seizures or coma

Pack in Some Protein and Carbohydrates

Exercising is good for you, but it's common to incur minor cell or tissue damage after a workout. Proteins can help repair any damage, so rehydrate with a protein-rich drink after an intense workout.

You expend substantial energy when exercising, so "you want about three times more carbohydrates than protein," said Clark. Try drinking flavored milk as a fluid replacement.

Drink Before and During Exercise

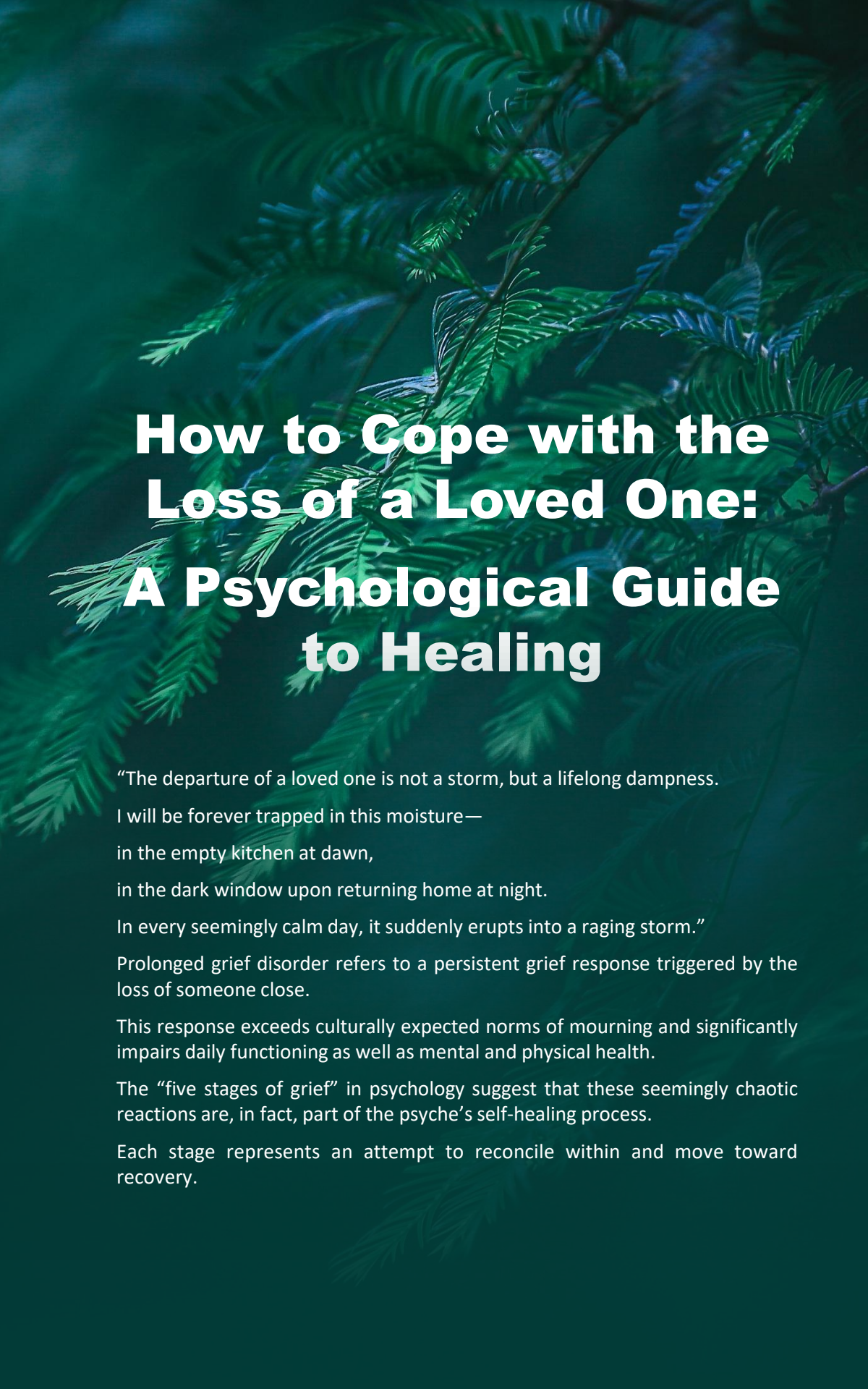
Clark recommended drinking fluids before you even begin to exercise, especially if you are doing a workout that requires a lot of stamina. "You need to start drinking about 1.5-2 hours before running a marathon," said Clark.

Drinking fluids during a workout is also a good idea. "We don't drink enough during exercise, and that puts you in a hole when you finish, and then you have to rehydrate," said Clark. "It's better if you don't put yourself in that hole in the first place."

Know the Risks of Dehydration

Many complications can result from not drinking enough water. Perhaps one of the most common is fatigue. Your blood gets thicker, and your heart has to work harder if you do not drink enough water, which means you get tired.

Other risks of dehydration include:Confusion、Fainting、Not urinating、Shock、Tachycardia (rapid heartbeat)、Quick breathing



How to Cope with the Loss of a Loved One: A Psychological Guide to Healing

“The departure of a loved one is not a storm, but a lifelong dampness.

I will be forever trapped in this moisture—

in the empty kitchen at dawn,

in the dark window upon returning home at night.

In every seemingly calm day, it suddenly erupts into a raging storm.”

Prolonged grief disorder refers to a persistent grief response triggered by the loss of someone close.

This response exceeds culturally expected norms of mourning and significantly impairs daily functioning as well as mental and physical health.

The “five stages of grief” in psychology suggest that these seemingly chaotic reactions are, in fact, part of the psyche’s self-healing process.

Each stage represents an attempt to reconcile within and move toward recovery.

What Is Grief? — A Nonlinear Narrative of the Five Stages

In On Death and Dying (1969), psychiatrist Elisabeth Kübler-Ross proposed that when facing major loss (such as death, separation, or health crises), individuals typically go through five nonlinear stages of grief.

Not everyone experiences all stages, and the order may vary, but the pattern holds a certain universality.

Stage 1: Denial

"When seeing the slightly wrinkled shirt on the hanger,

the mind briefly deceives itself: 'He just went out to buy groceries.'

This protective buffering mechanism is the first stage of grief,

quietly building a soft wall of defense."

Denial acts as the brain's protective mechanism—like anesthesia before surgery—buying time to process pain.

Individuals often avoid reality through emotional detachment or busyness, creating a temporary psychological buffer.

Stage 2: Anger

"When the sight of biscuits on the supermarket shelf stings again,

you suddenly throw your shopping basket aside.

This seemingly uncontrolled rage is grief attempting to break free

from the cocoon of denial, awakening reality through pain."

Anger is life force struggling at the edge of losing control. Through aggression—toward objects, oneself, or even social norms—individuals attempt to regain a sense of control.

Stage 3: Bargaining

“Lying awake at night, staring at the ceiling,thinking: ‘If I stop listening to this song,maybe I can pretend he never left.’

This almost childlike negotiation is the mind stubbornly searching for control amid ruins.”

This stage intertwines rationality and irrationality, reflecting humanity’s ultimate search for meaning.People may place hope in superstition, miracles, or engage in psychological “negotiations” with reality.

Stage 4: Depression

“When the world fades into a black-and-white silent film,it is not weakness but an inevitable descent.Like the tide that must recede,being submerged in grief is quietly making space for renewal.”

Depression is the release phase of emotional flooding. Only by fully immersing in sorrow can one gradually move toward acceptance.Physical symptoms such as chest tightness or insomnia may also appear.

Stage 5: Acceptance

“One day, you notice the scent of soap no longer stops your heart,but turns into a faint bitterness at the corner of your lips.Then you understand: acceptance is not forgetting,but placing memories gently in the museum of life.”

Acceptance does not mean forgetting, but integrating grief into one’s life.It is a slow redirection of energy—a new philosophy of life that emerges after collapse.What sustains us is not moving from one stage to the next, but understanding that these stages are never linear checkpoints.

You may linger longer in anger, or suddenly reach acceptance one morning—this is your own rhythm of crossing.

An Emotional First-Aid Kit: A Guide to Self-Healing

When overwhelmed by waves of negative emotions, certain practices can offer relief.

Dancing with Grief: Gently Releasing Emotions

Unexpressed emotions never disappear; they manifest through the body (Pennebaker, 1997).

Try these methods to create space for release:

A “murmuring diary” for the departed: Write down what was left unsaid, letting words carry unfinished goodbyes into the air.

Shout into the void: Release pent-up emotions through your voice, allowing your chest to breathe again.

Watch a tear-jerking film: Cry freely, giving emotions an outlet instead of letting them stagnate.

Weaving a Network of Connection

Research shows emotional expression (including talking) helps regulate cortisol, the stress hormone (Dunn et al., 2014).

Gentle physical contact, such as hugs, can enhance social satisfaction and alleviate negative emotions (Liu et al., 2025).

Try building a network of connection:

Host a “memory gathering”: Share stories about the departed with loved ones—like that time your father mistook salt for sugar while cooking.

Join a grief support group: Connect with others who share similar experiences, offering mutual understanding and encouragement.

Restarting the Clock of Life: Begin with Small Rituals

Existential psychology reminds us that rebuilding is not about denying the past, but creating new traces of life (Yalom, 1980).

When life feels paused, try these:

A daily checklist: Even simple tasks—drinking water, getting five minutes of sunlight—can restore a sense of order.

Move your body: Take a walk or tidy your space; let your body carry emotions forward.

Care for a pet: Nurturing another life can gradually awaken the feeling of being needed.

Forging Meaning: Transforming Grief into Light

Viktor Frankl once said:

"If suffering cannot be avoided, let it become a vehicle for meaning."

Grief is not the end—it can be an entrance to deeper life understanding:

Continue their passions: Tend to your mother's beloved plants and send her a photo when they bloom.

Give warmth through service: Volunteer in hospice care or grief support, transforming sorrow into compassion.

When You Can’t Hold On: Signals You Shouldn’t Ignore

When You Can’t Hold On: Signals You Shouldn’t Ignore

Sometimes self-regulation is not enough. Seek professional help if you experience:

- “I can’t go on”: Severe insomnia, appetite disturbance, or social withdrawal lasting more than two weeks.
- “Life feels meaningless”: Frequent thoughts of self-harm or suicide—even fleeting ones should be taken seriously.
- “Memory gaps”: Inability to recall events before the loss, which may indicate PTSD.

As written in On Death and Dying:

“The goal is not to ‘get over’ the loss but to learn to live with it.

To learn to carry the grief like a child in your arms, with tenderness and patience.”

This dialogue, begun half a century ago, still reminds us:Grief is not a pathology, but life’s deepest tribute to love.

Remember—the shore is always there.

Even when the waves are overwhelming,they will eventually carry you forward.

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