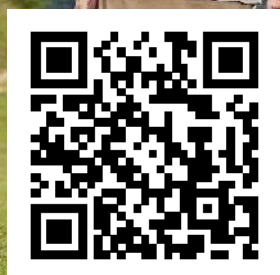


Health Newsletter

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2026 May



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As Summer Flourishes

We Turn Inward

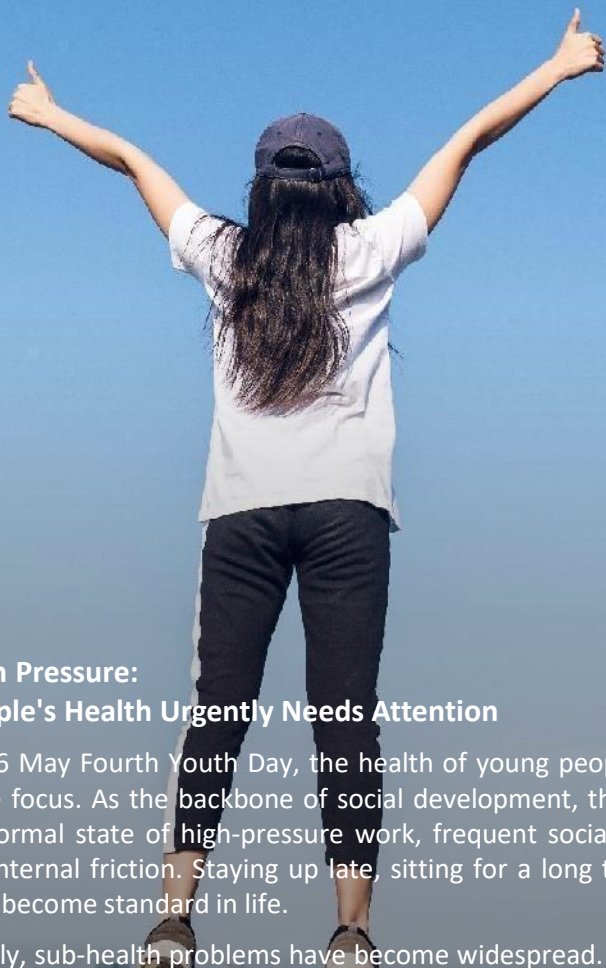
In May, the lingering spring gently gives way to early summer's vitality. As all things grow lush and abundant, the rhythm of life quickens. In this month of warmth, as we witness the blooming world outside, it is also a time to turn our gaze inward, offering tangible care to ourselves and our families.

In this issue of Health Monthly, we present a comprehensive matrix of family health care. Marking Youth Day, we explore scientific self-management for young adults navigating high-pressure lives. Looking ahead to Children's Day, we focus on scientific interventions for children's healthy growth and dispel common parenting myths. Furthermore, we unpack the classic debate between strength training and cardio, and offer a scientific guide to summer hydration and metabolism, helping you transition smoothly into the changing season.

Health is a lifelong practice. May your May be filled with both the capacity to care for your loved ones and the confidence to please yourself. As the summer days grow longer, settle your body and mind, and move forward steadily. Generali China is here with you, stepping into the vibrant summer together.



Youth Day Special: Help Young Adults Manage Their Wellness Scientifically



Under High Pressure: Young People's Health Urgently Needs Attention

On the 2026 May Fourth Youth Day, the health of young people has once again become the focus. As the backbone of social development, this group generally faces the normal state of high-pressure work, frequent social interactions, and emotional internal friction. Staying up late, sitting for a long time, and irregular eating have become standard in life.

Consequently, sub-health problems have become widespread. Health issues such as hypertension, hyperlipidemia, hyperglycemia, overweight, anxiety, insomnia, and cervical and lumbar strain are showing a clear younger trend. Health management and early intervention for young people are imperative.

Common Health Misconceptions Among Young People

Exercise and Posture Misconceptions

Lack of physical activity due to prolonged sitting, coupled with long-term head-down use of mobile phones and irregular postures while working at desks, these behaviors that do not conform to ergonomics are leading to the increasing prevalence of excessive cervical and lumbar strain and postural imbalance.

E-Cigarette Misconception

Many young people mistakenly believe that e-cigarettes are "harmless" or "low harm", using them as a substitute for tobacco or following the trend blindly to pursue social fashion. However, clinical studies have confirmed that e-cigarettes can cause EVALI (E-cigarette or Vaping Product Use-Associated Lung Injury), exacerbated asthma, and increased cardiovascular risks, and the potential health hazards cannot be ignored.

Dietary Misconceptions

In pursuit of rapid weight loss, many young people fall into the extremism of excessive dieting and complete abstinence from staple foods, leading to nutritional imbalance. At the same time, they rely on high-oil and high-sugar takeout meals, ignoring the rationality of their diet structure, which can easily cause metabolic disorders in the long run.

Work and Rest Misconceptions

Frequent overtime work, social gatherings, or addiction to mobile phones have made long-term staying up late and irregular work and rest with prominent problems of fragmented sleep. This lifestyle that violates physiological rhythms will directly lead to decreased immunity and endocrine disorders.



Scientific Intervention and Management for Young People

Develop Healthy Dietary Practice

- Reject excessive dieting and "abstaining from staple foods". Prioritize complex carbohydrates such as whole grains and legumes for staple foods and control the intake of refined carbohydrates.
- Follow the principle of "**high protein, high fiber, low sugar and low fat**", reduce the frequency of takeout, increase the intake of fresh fruits, vegetables and high-quality protein (fish, eggs, soy products), and maintain regular three meals a day.

Improving Work and Rest Habits

- Establish a fixed schedule and strictly **limit the use of electronic devices 1 hour before bedtime** (replacement with reading).
- Use smart bracelets or apps to monitor sleep and **ensure 7-8 hours of effective sleep every day**.
- Reasonably plan work and social time to **avoid meaningless staying up late**.



Optimizing Exercise and Posture

- Follow the principle of "move after prolonged sitting", **get up and move for 5-10 minutes** (stretching neck and shoulders, twisting waist, standing on tiptoes, etc.) **every 45-60 minutes of sitting**
- Accumulate **30 minutes of aerobic exercise** (brisk walking, jogging, rope skipping, etc.) and **15 minutes of resistance training** (plank, resistance band training) every day.
- Adjust the posture of using electronic devices (**hold mobile phones at eye level, keep computer screens parallel to sight**), maintain "**straight back and flat feet**" when working, and use lumbar supports or cervical pillows if necessary.

Quit smoking and stay away from E-cigarette

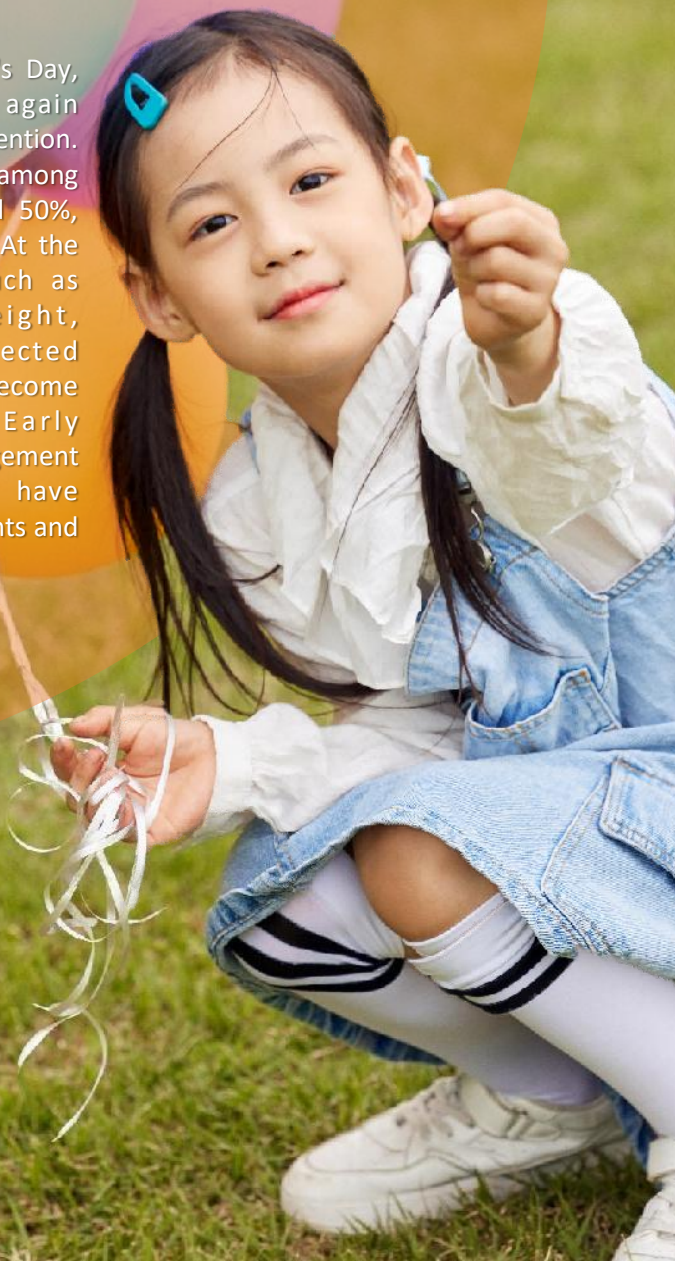
- Take the initiative to learn about the hazards of E-cigarettes and abandon the wrong perception that "e-cigarettes are harmless".
- If there is need to quit smoking, **choose professional channels** (smoking cessation clinics, smoking cessation apps) and **do not rely on E-cigarettes** as a substitute.
- Refuse to follow the trend in social situations, clarify the priority of health, and **stay away from smoking scenarios**.

Additionally, youth should adhere to annual physical examinations, focusing on blood pressure, blood sugar, blood lipids. Pay attention to emotional status daily, **set aside 10 minutes for mindfulness, meditation practice every day**. If anxiety is difficult to relieve, seek professional psychological support in a timely manner.



Children's Day Special: Scientifically Intervene and Manage Children's Development and Growth

On the 2026 June 1st Children's Day, children's health has once again become the focus of social attention. Data shows that the myopia rate among children in China has exceeded 50%, showing a clear younger trend. At the same time, health issues such as stunted growth, overweight, insufficient sleep, and affected cognitive development have become increasingly prominent. Early intervention and scientific management of children's healthy growth have become an urgent issue for parents and society.



The Core Challenges to Children's Health

Excessive Use of Electronic Screens

Nowadays, children are in contact with electronic devices such as mobile phones and tablets for a long time, with seriously insufficient outdoor activities. This not only leads to a high incidence of myopia, but also affects the normal development of bones and posture due to bad postures such as bowing the head and hunchback, and may even cause potential damage to children's intelligence and cognitive abilities such as attention and memory.

Misconceptions in Nutritional Supplementation

Faced with children's short stature and overweight, many parents fall into the misunderstanding of blind calcium supplementation and excessive tonic intake, ignoring the balanced diet. This improper parenting method may instead affect children's normal metabolism and growth and development.

Insufficient Sleep

Affected by parents' living habits such as going to bed late and staying up late, some children in China generally suffer from insufficient sleep. Adequate sleep is crucial for children's growth hormone secretion and immunity improvement. Long-term insufficient sleep will directly affect physical health and normal growth and development.



Scientific Intervention and Management of Children's Development and Growth

Regulate Electronic Screen Use and Strengthen Outdoor Activities

Young children should **avoid contact with electronic screens** as much as possible, and primary school students' **daily use time** should be controlled **less than 1 hour**.

Maintain a distance of at least 30cm when reading and writing, ensure sufficient light, and **correct the posture of bowing the head and hunchback**.

Adhere to at least 2 hours of outdoor activities every day, which can not only prevent myopia, but also promote bone development and reduce the adverse impact of screens on cognition.

Scientifically Supplement Nutrition and Regularly Monitor Development

Abandon the concept of blind calcium supplementation and excessive tonic intake, ensure children's **balanced diet with sufficient milk, eggs, meat, fruits, vegetables and whole grains**.

Regularly take children to professional institutions for **bone age assessment, scientifically monitor changes in height and weight**, and adjust parenting methods according to the assessment results.

Develop Regular Sleep Habits with Parental Guidance

Parents should take the lead in developing the habit of going to bed early to set an example for their children.

- Help children establish a fixed schedule to ensure **9-10 hours of sufficient sleep every day**.

- Create a quiet and dark sleep environment and **avoid using electronic devices 1 hour before bedtime** to create good conditions for growth hormone secretion.



Strength Training vs. Cardio Which Is More Effective for Your Heart, Muscles, and Longevity?

In the battle between cardio and strength training, there's no clear winner—each has unique benefits, and you need both to support longevity, heart health, and muscle strength.



The Benefits of Cardio Exercise

Cardio exercise is any rhythmic physical activity—such as jogging, stair climbing, swimming, or dancing—that elevates your heart rate. Guidelines suggest adults should get 150 minutes of moderate-intensity cardio each week, and meeting this metric can lead to many health benefits.

Improved Heart Health

One of the most effective ways to safeguard your heart against cardiovascular disease—the leading cause of death worldwide—is to engage in a regular exercise routine that includes aerobic exercise (or, cardio). Cardio strengthens your heart muscle, allowing it to pump blood and oxygen around your body more effectively. This reduces the chances that you'll develop high blood pressure, high cholesterol, and other heart disease risk factors. And you don't have to do cardio every day to get results. Research shows that even “weekend warriors,” or people who exercise only one or two days per week, experience similar reductions in disease risk as those who spread out their physical activity throughout the week.



Better Body Composition

Body composition is a health metric that breaks down your body's percentages of fat mass and fat-free mass (which includes muscle, bones, connective tissues, and water). A higher percentage of fat mass is associated with myriad health concerns, including diabetes and cardiovascular disease.

Regular cardio can help change body composition by burning stored fat for energy. One study found that just eight weeks of treadmill workouts yielded significant changes in participants' body compositions, as well as other health benefits.

And while resistance training is the typical way to build muscle, cardio can also assist in boosting muscle mass.

Higher VO2 Max

Cardio increases your VO2 max, which refers to how much oxygen your body can take in and utilize to generate energy.

VO2 max does measure your general fitness level, but it's also related to a number of other health factors, including heart health and longevity.

Stress Reduction

Many mental health professionals recommend using cardio exercise as a natural way to help manage stress and anxiety. This is in part due to the endorphins, or feel-good hormones, that are released in the brain when you do physical activity.

This stress reduction may also help your long-term brain health—research has suggested that the stress-regulating capabilities of exercise can help protect the parts of your brain that are connected to learning and memory.



The Benefits of Strength Training

When you strength train, your body works against an outside force—weights, resistance bands, or your own body weight, for example—to increase muscular endurance and strength, gain muscle mass, and build power.

Per the Centers for Disease Control and Prevention (CDC), people should do strength training at least twice a week to reap meaningful health benefits.

Functional Strength: Weight training helps you grow your strength, but the benefits don't stop at the gym. Functional strength—which is the strength needed to perform everyday activities, like carrying groceries or picking up heavy items from the floor—makes day-to-day tasks easier. Plus, functional strength is critical to independence as you age. One meta-analysis of studies involving older adults found that training with resistance machines for a minimum of six weeks improved participants' functional strength.

Fewer Heart Health Risk Factors: Cardio helps make your heart stronger, but weight training can be good for your cardiovascular health, too. One 2024 review found 8-12 weeks of resistance training may improve blood pressure and body composition, in turn lowering the risk of coronary artery disease (a common type of heart disease). Results were even greater when strength training was combined with cardio and dietary changes.





Less Muscle Loss:Sarcopenia, or age-related muscle loss, significantly impacts longevity. As muscle mass diminishes, you become weaker and less physically capable of participating in recreational activities and executing everyday tasks. Plus, your mortality risk goes up. Some muscle loss over time is inevitable, however, regular strength training can slow that process. Research shows that adults over the age of 70 can maintain and gain muscle strength with training and adequate nutrition.

Increased Bone Density:Strength training is as good for your skeleton as it is for your muscles. Strength training may improve bone mineral density, which decreases with age. Low bone mineral density is more common in older women, and it raises your risk of fractures. A 2022 study found that six months of strength training improved bone density for postmenopausal women who had poor bone health. However, research is mixed—other studies have found that strength training may not lead to long-term bone health improvements in older people.

Improved Balance:According to the National Council on Aging, one in four adults over the age of 65 falls every year, making falls the leading cause of fatal and non-fatal injuries in older adults. If you want to maintain balance and avoid injury, a strength training routine—especially one that targets the muscles of the core—is critical. Research shows that core strengthening is positively associated with improvements in balance among older adults.



Incorporating Both Workouts Into Your Fitness Routine

If you're looking to grow muscle, keep your heart healthy, and boost longevity, doing both strength training and cardio is the way to go. It can sometimes be tricky to fit both of these workouts into your schedule, so consider:

Splitting up your workout: Instead of logging a full hour on the treadmill or spending all your time in the weight room, divvy up your workout. For example, start with 15-20 minutes of cardio and then do 20 minutes of strength training.

Using “exercise snacks”: Sneak in multiple mini workouts throughout the day whenever you have time, such as walking for 10 minutes between meetings or doing squats while you wait for dinner to cook. Research shows that short bursts of exercise throughout the day add up and may help improve cardiovascular fitness.

Doing a circuit workout: Circuit workouts allow you to move from station to station, performing a different exercise at each. This makes it easy to alternate between cardio—like jumping jacks or jogging in place—and strength moves like biceps curls.

Trying high-intensity interval training (HIIT): Once you've established a solid foundation of fitness, you may want to add some HIIT to your routine. HIIT often includes strength-building exercises, like dumbbell squats and push-ups, but the workouts are fast-paced, so you also elevate your heart rate. HIIT is notoriously tough (hence the “high-intensity” descriptor), but it's an efficient way to fit in both cardio and strength training.

How to Beat the Heat

A young woman with dark hair, smiling and looking down at a red tomato she is holding in her right hand. She is wearing a white towel draped over her shoulders and a green apron over a striped shirt. In the bottom right corner, there is a woven basket filled with fresh vegetables, including tomatoes, leafy greens, and a yellow pepper. The background is a blurred outdoor setting with green foliage and a wooden fence.

There's a lot to do when the weather is right: family picnics, a homerun derby on the softball field, endless hours on the golf course, or lounging in your backyard hammock. However, too much fun in the sun can be dangerous. Excessive heat exposure can cause dehydration. Dehydration, in turn, can cause dangerous conditions, such as: heat cramps, heat exhaustion, heat stroke, which is also called sunstroke. Combating the toll of the heat and sun on your body will keep you healthy and active all summer long. Try a few of these simple precautions, and you'll still be going strong as the leaves start to turn.

What to wear in the heat

The way you dress can go a long way toward keeping you comfortable when you're outside in the heat. Make sure you bring the following items:

The right type of clothing: A loose white linen shirt isn't just fashionably conscious — it's also intelligent for hot, sunny days. Dark clothing absorbs more heat, and tight clothes don't let sweat — your body's natural cooling system — evaporate. Cotton is another good fabric to opt for in the heat. Choose light colors over darker ones if your primary goal is staying cool.

Sun-protective clothing: There's a difference between the type of clothing that keeps you cool in the heat and the type of clothing that keeps you protected from ultraviolet (UV) rays. If protection from the sun is your goal, choose dark or bright colors instead of white or pastels. They absorb more heat, which prevents the rays from penetrating your skin. Dry clothes are more protective than wet clothes.

Tightly woven clothes, or synthetic fibers, such as polyester and rayon, provide more sun protection than loosely woven clothes. You can even take it one step further and invest in sun-protective clothing. Sun-protective fabric uses special dyes and chemicals to block harmful UV rays. Sun-protective items, like clothing, are given an ultraviolet protection factor (UPF) rating based on how much UV radiation they allow to penetrate the skin. If a product has a UPF of 15, around 6.7 percent (or 1/15) of the sun's rays will reach you. A UPF rating of 15 is generally considered good. However, an item must have a UPF of at least 30 to receive the Skin Cancer Foundation's Seal of Recommendation.



A woman is lying on her back on a stone ledge next to a swimming pool. She is wearing a bright red one-piece swimsuit and white shorts. She is holding a wide-brimmed straw hat with a black band. Her legs are bent at the knees and raised in the air. The background shows the blue water of the pool and the stone tiles of the ledge.

Sunglasses: Sunglasses are chic and functional. They prevent UV rays from scorching your corneas and will protect your eyes for many more summers to come. According to the American Academy of Ophthalmology, you should pick sunglasses that block 99 to 100 percent of UVA and UVB rays.

Hats: A hat is a smart and practical summer fashion choice. Throwing on a wide-brimmed hat prevents UV rays from hitting the sensitive spots on your face, and it keeps your skin looking wrinkle-free. The Skin Cancer Foundation recommends that brims and brills be at least 3 inches wide (or 2.5 inches for babies and toddlers).

Sunscreen: Nothing knocks good days off a summer calendar like a nasty sunburn. When outdoors, use sunscreen with a sun protection factor (SPF) of at least 30. Use a higher-rated,

waterproof sunscreen if you'll be poolside or out on the beach. Some ingredients that may be particularly effective against sun damage and burns include: avobenzone, ecamsule, oxybenzone, titanium dioxide. Don't forget to cover areas that burn easily: the nose, ears, shoulders, and back of the neck.

Lip balm: Just like how sunscreen protects the rest of your skin, a lip balm with SPF protection blocks out the sun and keeps in moisture for your lips — great for a day on the lake or while you're working on that summer romance.

How to stay hydrated

The heat makes you sweat, which cools you down. However, that also means you're constantly losing fluid. Here's how to stay hydrated:

Sip water throughout the day: Don't wait until you're thirsty! Drink water throughout the day to prevent dehydration or over exhaustion. Use the color of your urine to guide whether you're hydrated enough — the clearer, the better.

Choose sugar-free juice: All-natural juice without added sugar not only provides hydration, but it also has important nutrients to keep you active and nourished in hot weather. Vitamin C is just one of them. Check the label on the juice bottle and make sure it says "100 percent juice with no sugar added."

Avoid alcohol: While an ice-cold cocktail — complete with a little paper umbrella — might sound good on the beach, it won't be as refreshing to your body. That's because alcohol only dehydrates you more. If you can't barbecue without a brew, drink a bottle of water between each alcoholic beverage to stay hydrated. Like alcohol, caffeine also has a reputation for being dehydrating. However, caffeine should be fine to consume in moderate amounts, even in the heat.



A Husband's Type of Empathy Makes a Crucial Difference in Marriage

Insights | A Husband's Type of Empathy Makes a Crucial Difference in Marriage Imagine this scenario: Your child has been crying continuously in the middle of the night due to a fever, and you haven't had a good night's sleep in two days. Looking at your sick child, you suddenly feel desperate and helpless, and tears uncontrollably stream down your face. At this moment, your husband wakes up:

Scenario A: He sees your face covered in tears and the baby crying. Frowning deeply, he keeps asking, "What's wrong? Why are you crying? Is the baby's fever acting up again?" Unable to fall back asleep, he cries along with you, and the two of you spend the entire night immersed in shared sorrow.

Scenario B: He wakes up and takes in the scene with a relatively expressionless face. He simply leans in calmly, takes the baby from your arms, tests the baby's forehead with the back of his hand, and says to you: "Go to the next room and sleep first. I'll take care of the baby. Come swap with me when you've rested enough."

In the first scenario, the husband shares your sorrow; in the second scenario, the husband offers a solution. If it were you, which husband's approach would you appreciate more?



Which Type of Empathy Works Better?

Empathy is not always universally beneficial; it comes in different forms. Psychologists break empathy down into two distinct mechanisms:

Type 1: Affective Empathy

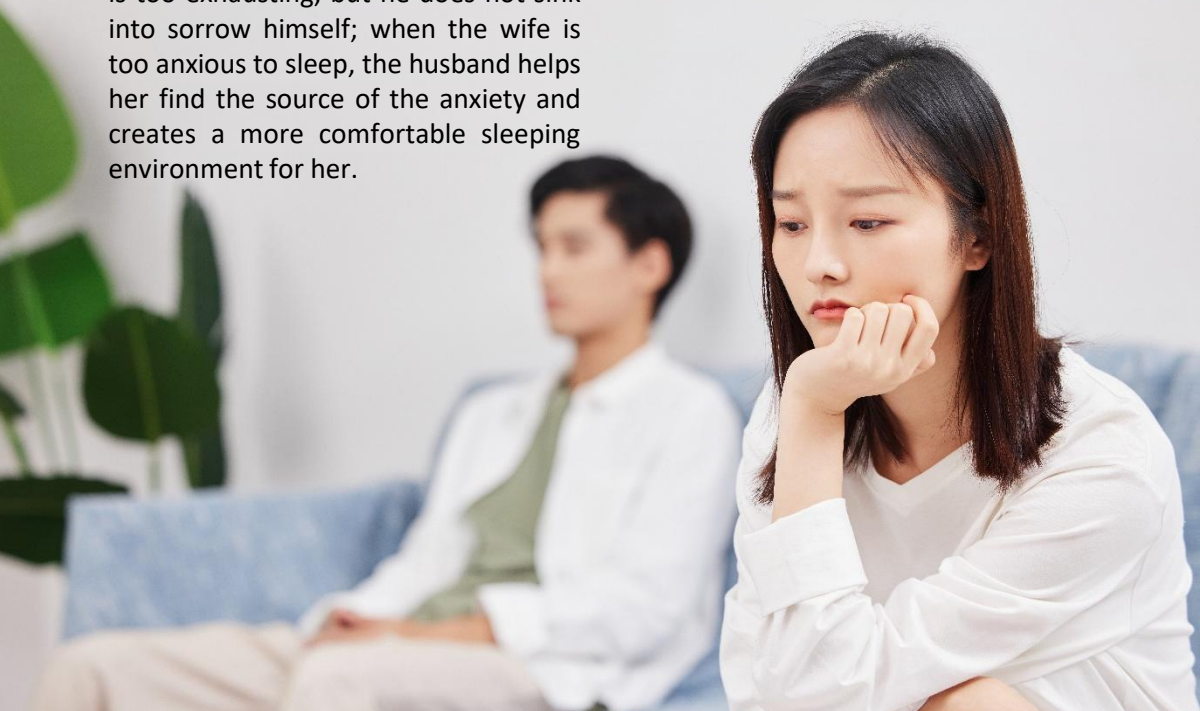
This refers to the ability to "generate similar emotions by feeling the emotions of others," commonly known as "co-brooding" empathy. When the wife cries, the husband also feels sad and wants to cry; when the wife is too anxious to sleep, the husband's stomach hurts from anxiety; when the wife is angry, the husband also flies into a rage.

Type 2: Cognitive Empathy

This refers to the ability to "intellectually understand another person's situation and psychological state," commonly known as "sober-minded" empathy. Take the previous scenario: when the wife cries, the husband understands that she feels aggrieved because caring for the baby is too exhausting, but he does not sink into sorrow himself; when the wife is too anxious to sleep, the husband helps her find the source of the anxiety and creates a more comfortable sleeping environment for her.

Researchers tested the empathy tendencies of these nearly 3,000 fathers and cross-analyzed them with the mothers' depression levels and marital quality, revealing a startling phenomenon: When a husband leans toward "affective empathy," the destructive impact of the mother's parenting stress on the marriage is not mitigated, but rather intensified! Data shows that in families where the husband has high affective empathy, the mother's parenting stress is more likely to turn into depression and trigger fierce marital conflicts.

This seems terribly unfair, doesn't it? The husband clearly feels for his wife and suffers alongside her, so why does he become an "accomplice"? This involves the psychological theories of "Emotional Contagion" and "Ego Depletion."



Emotional Contagion Leads to a Compounding Effect of Negative

Emotions When a mother is anxious, a father with high affective empathy quickly catches this anxiety and internalizes it as his own emotion. As a result, a household that originally had only one anxious person now has two. The concentration of anxiety instantly doubles, and the family atmosphere becomes extremely oppressive; in such families, pain is not halved by being shared.

Ego Depletion Leads to the Exhaustion of Emotion Regulation

Resources Coping with negative emotions consumes psychological energy. When a husband is also swept into the storm of negative emotions, the psychological energy he could have used to soothe his wife and solve problems is depleted. Unable to fend for himself, and sometimes unable to bear this discomfort, he may exhibit avoidance, irritability, or even turn around and blame his wife: "Can you stop crying? You're making me upset too!"

The researchers pointed out in the paper: "Fathers' high affective empathy makes them more susceptible to mothers' negative emotions, leading both parties into a highly negative emotional state, thereby exacerbating the mothers' negative experiences" (Dong et al., 2022).

Therefore, the husband who cries and worries with you may emotionally "understand" you, but when resolving a parenting crisis, he might not only be unhelpful but also inadvertently drain what little patience you have left.



What Are the Advantages of a Husband with High Cognitive Empathy?

A husband with high cognitive empathy is more beneficial to a marriage. Research data indicates: When a husband possesses high cognitive empathy, he can effectively buffer the damage parenting stress causes to the marriage. Even if the mother faces the same level of stress, if her husband is the "cognitive type," her depression levels will be lower, and marital conflicts will be significantly reduced.

Why is "rationality" so healing?

When faced with a wife's breakdown, a husband with high cognitive empathy acts more like a calm "container" and "problem-solver." He is like someone standing on the shore watching you drown; instead of jumping in to drown with you, he calmly assesses the water's current and accurately tosses you a lifebuoy. Specifically, the healing power of this "rationality" manifests in three ways:

Detachment and Acceptance: He is not hijacked by your emotions. When a wife acts hysterical because the child refuses to eat, an affective husband might feel, "You are venting your anger at me," triggering a defense mechanism and snapping back. But a cognitive husband will rationally analyze: "She is yelling right now not because she hates me, nor because she's crazy, but because she has been taking care of the baby all day and is exhausted; she is crying for help." This "detachment" allows him to accept your bad mood without becoming its target.



Accurate Needs Identification: He knows exactly what you need. An affective husband might constantly say: "Don't cry honey, I feel terrible too." (Truly ineffective comfort!!!) A cognitive husband will think: "In her current state, what she needs most is a break from parenting." So he will take direct action: "Leave the kid to me. Go take a hot shower or go downstairs for some milk tea, and don't come back for half an hour." This is "instrumental support," the most precious kind of love during the child-rearing phase.

Blocking the Vicious Cycle. Because the husband remains calm, he breaks the vicious cycle of "anxiety - argument - more anxiety - another argument." His emotional stability becomes the anchoring force of the family.

This explains why sometimes when we confide our troubles to our partner, and they respond with, "It's nothing, come on, let's fix the problem first," it might feel a bit infuriating in the moment, but in retrospect, it is the moment that brings us the most peace of mind.



How to Mobilize Cognitive Empathy to Better Manage Your Marriage?

This study does not aim to negate the importance of emotional resonance, but rather tells us: In a high-pressure environment like parenting, love is not just about feeling heartache for each other; it is a "cognitive ability" that requires deliberate practice. Based on this research and combined with psychological counseling experience, we offer a practical guide for both partners.

For Husbands: Evolve from "Anxious Co-sufferer" to "Supportive Partner" If you are reading this article, please understand one thing: as a father and husband, when your wife breaks down, your composure is far more precious than your vulnerability. When your wife falls into parenting anxiety or loses emotional control, please try to invoke your "cognitive empathy" through the following three steps:

- **Hit the Pause Button:** When you feel yourself becoming irritable and anxious, tell yourself: "This is emotional contagion; it does not represent the reality of the situation." Take a deep breath and stabilize your own emotions first.
- **Turn on the Translator:** Don't just listen to the harsh words your wife says (like, "If you had come home earlier, this wouldn't have happened"); learn to translate them in your head. Translate her complaint of "I shouldn't have come back" to "She is extremely exhausted right now and needs to rest." Translate her accusation of "You don't care about the child at all" to "She feels isolated and helpless, and needs my concrete action and support."
- **Provide Specific Solutions:** Do not ask, "How can I help?", as this adds to her decision-making burden. Take direct, specific actions: "I can see you're too tired; how about the baby sleeps with me tonight," or "You're upset right now, go take a break, I'll clean this up." Please remember this template: "I know you haven't slept well in a long time because of taking care of the baby (Cognitive Understanding), and you must be feeling overwhelmed right now (Validating Feelings). Leave this to me, you go get some rest (Action/Support)."



For Wives: Please Re-evaluate Your "Cold" Husband Sometimes we might misunderstand our husbands as being "cold-blooded" or "like a log." If he didn't cry with you during your breakdown but instead quietly went to mix formula or wash diapers, please realize: this is empathy of the highest order; he is using his rationality to protect the family. You can try doing the following two things:

- Issue clear instructions. Since we know men might excel more at "cognition" than "emotion," communicate facts and needs directly to him instead of just venting emotions: For example, instead of "You never care about me! I'm exhausted to death!" (Emotional venting), try "My stress levels are through the roof right now; if you could take the baby out to play for an hour, I would feel much better." (Fact + Need) .
- Allow for different coping mechanisms. Do not force your husband to be completely emotionally synchronized with you. Allow him to be a "calm observer"; as long as he can support you with actions, that is the best help.



Final Thoughts

Parenting is a long journey; it tests not only the child's growth but also how a couple redefines their intimate relationship under high-pressure environments.

Truly mature partners are those who, when the storm hits and one is teetering under the pressure, the other can act like an anchor plunging deep into the seabed to steady the ship. May every mother's stress be "seen" and "understood," and may every father cultivate that "rational tenderness."

Because on the battlefield of parenting, we do not need two comrades crying in each other's arms; what we need is a hero who can pull you out of the trench, and even take a bullet for you.





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