

Health Newsletter

-Generali China Life

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Historical Newsletters

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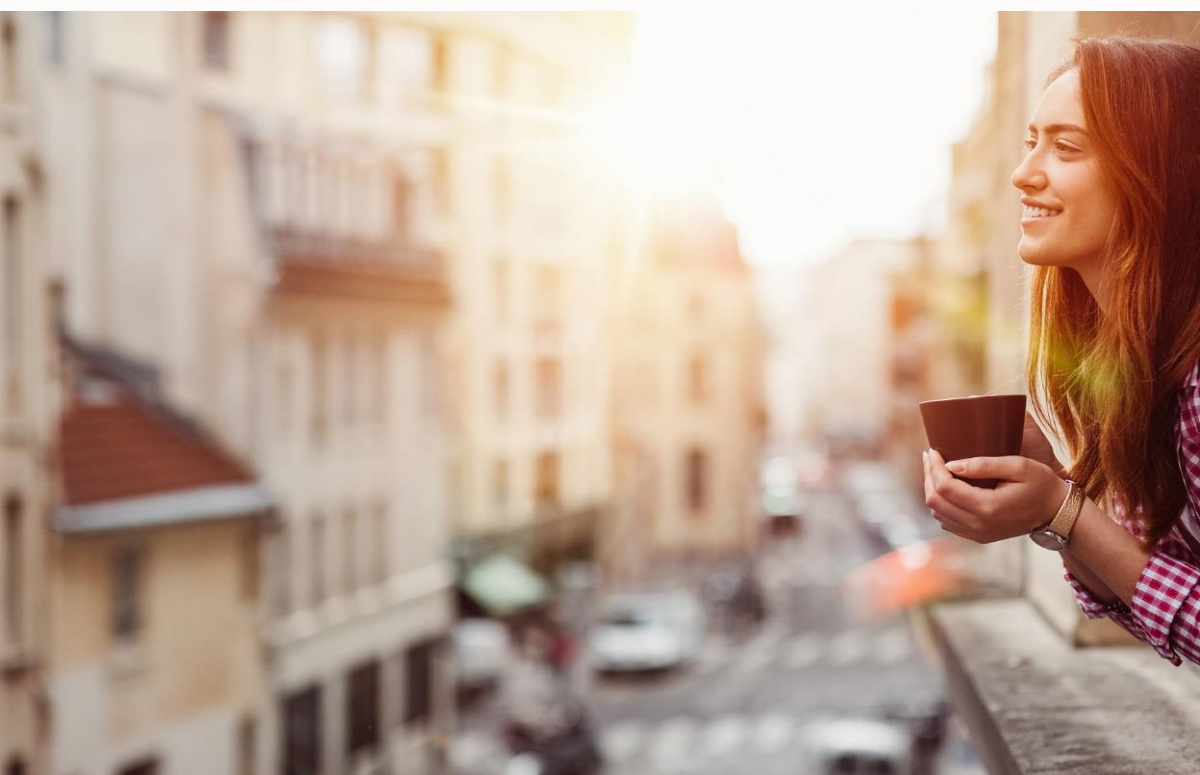
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Mental Health
How To Be More Resilient



Essential Tips for Mental Wellness

This October 10th is World Mental Health Day, your mental health not only controls your consciousness but also determines your physical health and the way your body functions. So how can we strengthen our mental wellness? Here are some essential tips that can help boost your mental wellness.



Connect with others : Talking and interacting with others stimulates your brain. It allows your brain to work faster and think faster. You can try:

- **Taking time each day to be with your family**, for example, try arranging a fixed time to eat dinner together.
- **Arrange a day out with friends** you have not seen for a while. Try switching off the TV to talk or play a game with your children, friends or family.
- **Do not rely on technology or social media alone to build relationships.** It is easy to get into the habit of only ever texting, messaging or emailing people.

Be physically active: Physical exercise not only keeps you physically strong but also creates chemical changes in your brain. These chemicals can help positively change your mood and raise your self-esteem. Find activities to help you stay fit. It does not mean that you have to spend hours running or being in the gym. It is best to find activities you enjoy and make them a part of your life.

Get sufficient sleep: Lack of sleep can negatively affect your physical and mental well-being and overall quality of life. Having sufficient sleep not only provides stress relief but also makes you more alert and aware. It improves your memory too. Adequate sleep helps your brain to process and retain information long term and solidify memories.

Learn new skills: Research shows that learning new skills can also improve self-confidence and raising self-esteem. Learning new skills such as learning to cook something new, work on a DIY project such as knitting and learning to play new games such as tennis or even computer games can stimulate brain and nerve cells, keeping your brain refreshed.

Give to others: Research suggests that doing acts of giving and kindness can help to create positive feelings and a sense of reward. By giving, you feel a sense of purpose and self-worth while helping you connect with other people. It could be small acts of kindness towards other people or larger ones like volunteering in your local community.



Pay attention to the present: Paying more attention to the present moment can improve your mental well-being. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Breathing exercises for stress relief:

Calming breathing technique for stress, anxiety and panic takes just a few minutes, which you can do anywhere. It would be most beneficial if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

Let your breath flow as deep down into your belly as is comfortable, without forcing it.

Try breathing in through your nose and out through your mouth. Breathe in gently and regularly. Some people find it helpful to count steadily from one to five.

Without pausing or holding your breath, let it flow out gently, **counting from one to ten.** You may not be able to reach ten at first.

If you find this helpful, keep doing this for three to five minutes.

Having good mental well-being can help you to cope with challenges and achieve your goals. Practice our tips for better mental wellness to take care of your well-being.

If you or your loved ones are feeling overwhelmed, seeking professional advice or counselling therapy may enable you to better cope and manage your well-being.



Eight Sections of Brocade

Eight Sections of Brocade originated in the Song Dynasty and has a history of more than 800 years. The ancients likened this set of actions to "brocade", which means colorful, beautiful and luxurious. This exercise is divided into eight sections and because each section has one movement, it is called "Eight Sections of Brocade". Each movement emphasizes on different parts of body and their functions and is guided by the basic theories of traditional Chinese medicine. It has the "adjustment" as the means and "balance" as the purpose so that plays a role in fitness.



The scientific mechanism of Eight Sections of Brocade

Qi and blood circulation: Eight Sections of Brocade emphasizes abdominal breathing, promotes the activity of the diaphragm, helps to improve lung capacity, and increases oxygen intake. Traditional Chinese medicine believes that Eight Sections of Brocade has benefits on opening the meridians, and then can dispel various evil Qi such as wind, coldness, dampness, phlegm, and stasis. It helps Qi and blood as well as various nutrients to operate normally in the meridians and transfer to the body's internal organs. In this way, the energy of limbs, bodies, five senses and nine orifices can be maintained balanced and make us feel relaxed.

Muscle relaxation and stretching: Eight Sections of Brocade focuses on muscle stretching and contraction, which can help relieve muscle tension, improve flexibility, and prevent sports injuries.

Benefits of practicing Eight Sections of Brocade

Effects on the body

Enhance physical fitness: As a traditional health preservation exercise, it has the functions of softening muscles and bones, nourishing Qi and enhancing power, promoting Qi and invigorating blood, smoothing meridians, relaxing bones, and coordinating the internal organs.

Strengthen balance: Coordination training can improve the stability of the body, especially for middle-aged and elderly people, as well as reducing the risk of falling.

Improve chronic fatigue: Studies have shown that in a 6-week observation of fatigue sub-healthy people, it was found that practicing Eight Sections of Brocade had a beneficial effect on their quality of life.



Effects on the psychology

Relax mind: The gentle movements of Eight Sections of Brocade can significantly reduce anxiety and depression and help to relax the mind. Studies have shown that Eight Sections of Brocade can not only improve the symptoms of some patients, but also have a good effect on alleviating mental health problems caused by the disease.

Enhance Concentration: Practicing Eight Sections of Brocade requires concentration and this type of "mindfulness" exercise can help people relax and reduce the fatigue and anxiety caused by overthinking in their daily lives.

Effects on the mood

Promote the happiness: Proper exercise can accelerate the secretion of endorphins and other substances related to happiness. In this way, Eight Sections of Brocade help improve the psychological state and reduce the impacts of negative emotions.

Improve sleep quality: Regular exercise of Eight Sections of Brocade can help relax and regulate the mood, thereby improving sleep quality and relieving anxiety, depression and other emotions to a certain extent.



How to better practice and master the Eight Sections of Brocade technique

1. **Proper environment:** Choose a quiet, well-ventilated place to practice and avoid outside distractions for better concentration.
2. **Consistent movements:** When practicing, pay attention to the connection between each movement, so that the whole process is smooth and natural in order to achieve the best exercise effect.
3. **Breathe coordination:** During the exercises, focus on breathing coordination with the movements. Relax as you inhale and tighten as you exhale to create a good breath circulation.
4. **Regular practice:** It is recommended to practice for 20-30 minutes each time and 3-4 times a week. Gradually increase the time and difficulty of the exercise to improve physical fitness.
5. **Pay attention to your feelings:** Pay attention to your physical feelings and emotional changes and keep your mind free of distractions to achieve the state of unity of body and mind.

Eight Sections of Brocade is not only a method of physical exercise, but also an embodiment of profound Chinese philosophical thought. It emphasizes the unity of "Form, Qi and Spirit". Mastering the essence of Eight Sections of Brocade through

scientific practice methods can help us better enjoy life and improve the quality of life. Both the elderly and the young can achieve harmony and health in body and mind through this simple and effective way of health preservation.

If you want to learn more, please scan the QR code below to watch the video replay:





Prevent the Knee Arthritis

With the coming of an aging society in China, the health problems brought by age have brought greater challenges. Like the old saying, your legs are older than yourself. At present, knee arthritis in middle -aged and elderly people is very common. According to latest statistics, the prevalence of knee arthritis among adults in China is 8.1%; female patients are more common than male. There are totally 365 million patients with knee arthritis globally. October 12th is the World Joint Day. Today we will talk about the topic of knee arthritis.

What is knee arthritis?

Knee arthritis refers to the inflammation and degenerative diseases of the knee cartilage. Joint cartilage is the smooth coating layer of the end of the joint, which can reduce the stress on the joint, reduce the friction of joint vision, and guarantees the physical function of the joint. The knee cartilage is covered at the end of the femur, the upper end of the tibial, and the back of the cymbal. When the cartilage is worn, the gap between the bones will get narrow. In the late stage of knee arthritis, bone hyperplasia will be formed.

Knee arthritis is a disease with obvious symptoms and chronic process which often accompany with symptoms of local pain, swelling and stiffness in the knee joint. The symptoms will even become more serious with age.

Common types of knee arthritis?

Osteoarthritis: The most common type of knee arthritis and the cartilage will be worn, and the friction of bones (tibia, femur, and cymbal) will increase which may lead to pain, joint stiffness and limited movement.

The disease will be accompanied by bone hyperplasia in the later stage.

Post-traumatic arthritis: refers to knee pain, stiffness and limited movement caused by the thinness of joint cartilage after the knee trauma.

Rheumatoid arthritis: the autoimmune disease and inflammation in the joint can cause synovial pain, stiffness and swelling.

5 stages of knee arthritis?

Phase 0: No symptom with the normal knee joint.

Phase 1: There are some strains on the knee joint, the pain is not obvious or only mild discomfort.

Phase 2: Patient may start to feel pain and stiffness.

Phase 3: The pain is getting more obvious, especially when running, walking, squatting and kneeling. Symptoms may increase significantly and accompany with bone hyperplasia.

Phase 4: The most serious bone arthritis stage means that the joints of joint cartilage disappear seriously. The knee is obviously stiff, painful, and even cannot move.



What are the risk factors of knee arthritis?

The risk factors of osteoarthritis include:

Age: Osteoarthritis is more common in middle-aged and elderly people.

Bone anomalies: It is accompanied with congenital abnormalities of joint or bone, such as turning and vertical deformities in the knee joint, it is easier to develop into osteoarthritis.

Gender: Women After menopause are more likely to suffer from osteoarthritis than men.

Gout: Gout can cause inflammatory osteoarthritis.

Trauma: Knee joint injury may also cause arthritis. Chronic damage of knee ligament can cause joint instability and cause cartilage rupture.



Chronic strain: Some certain sports (such as long-distance running) or severe physical workers, causing chronic strain to the knee joint, and also can result in knee arthritis.

Overweight: overweight or obesity will also increase the burden of the knee joint and increase the possibility of knee arthritis.

What are the signs and symptoms of knee arthritis?

Joint pain、Joint stiffness、Joint deformation、Swelling、Creaking and grating (crepitus)、Difficulty walking

How to diagnose knee arthritis?

Common check methods include imaging examinations such as X-ray, CT, and MRI. It can identify:

- Arthritis type
- Bone situation.
- Orthodox hyperplasia
- The joint situation: the less cartilage, the narrower the joint space, and the more severe pain

How to treat knee arthritis?

Although knee arthritis is difficult to cure, some methods can also effectively reduce symptoms and prevent the deterioration, including:

- Local hot pack or ice pack at the knee joint





- Wear knee sleeve or brace
- Physical therapy
- Acupuncture
- Use the aid, such as a crutch
- Keep a healthy weight
- Use the movement of low stress on the knee joint, such as swimming and cycling instead of running and playing

Common medications for knee arthritis include:

- Anti, such as acetamine, ibuprofen, etc.
- Dietary supplements, such as glucosamine and chondroitin sulfate..
- External ointment, such as voltaline ointment
- Corticosteroids (cortisone shot)
- Injecting therapy: Lubrication injections (hyaluronic acid) in the joint has positive effect for early and medium -term osteoarthritis.

Finally, if the conservative treatment is not effective, you may consider the surgical treatment of knee arthritis, such as: Arthroscopy 、 Osteotomy 、 Knee replacement (arthroplasty)

How to protect your knees effectively in exercise?

Knee joint injuries and other body injuries are more common in life due to the unhealthy exercise method in life. For example, ball games, wrestling, rock climbing, mountaineering and skiing etc., can lead to excessive rotation of the calf as well as flexion of the knee joint simultaneously is likely to cause knee injury.

The appropriate exercises should be selected according to the specific conditions, including your age, physical capability, weather conditions and site conditions etc. You should also pay attention to the scientific exercise methods and follow the principle of **warm up before exercise and cool down after exercise.**

Warm up before exercise and stretching the muscles around the knee joint helps to activate the motor function of the joint and avoid knee injury. Cooling down and stretching after exercise is important too, which helps reduce muscle fatigue and relax your mood.

It is suggested to consider **walking, cycling, swimming or other combined knee-friendly exercises,** which can protect your knee joints effectively. Compared to jogging, walking leads to less pressure on the knee, and swimming or other water exercises

are ideal to choose, because it is mainly the water resistance working on your knee joints.

Cycling will mainly exercise your leg muscle, which greatly reduces the risks of knee injury, when you need to pay attention to your sitting posture in cycling. It is advised to keep your feet to the front when riding, adjust the seat height to make your toes reach the ground as well as avoid the excessive movement angle to your knee joints.

In summary, some pathogenic factors of knee arthritis cannot be eliminated, such as family genes, bone congenital abnormalities, age etc. On the other hand, we can also develop the healthy living habits by maintaining a healthy weight and good nutrition practice, take the proper fitness and exercise methods with less stress on the knee, to avoid excessive pressure to the knee, and avoid or delay the occurrence of knee arthritis.



An aerial photograph of a two-lane asphalt road winding through a dense forest. The trees are in various stages of autumn, with colors ranging from vibrant reds and oranges to deep greens. A small red car is visible on the road, positioned in the lower-middle section of the frame. The road has a dashed white center line and solid white edge lines.

Cardiovascular Disease Tips in Cold Season

As autumn approaches, the temperature gradually drops, and winter is coming soon. When the temperature is dropping, the chilly wind brings a taste of autumn and winter. Many people will travel or engage in outdoor activities at this time and enjoy the unique fun of the cold season - fresh air, brilliant sunshine, and the unique scene of cold season. However, the cold weather in the autumn and winter also poses potential health risks that cannot be ignored for certain populations with risk of cardiovascular diseases.

How does cold weather increase the risk of cardiovascular disease?

As the ambient temperature drops significantly in the cold season, especially with strong winds, snowfall, and damp and cold weather, the burden of heart will increase. Because the blood vessels in the human body will contract in cold season, blood pressure rises and heart rate accelerates, which can cause additional stress on the heart.

In addition, the temperature gap is higher between the day and night in autumn and winter, the blood vessel will contract or dilate more frequently than other seasons, and the blood pressure fluctuates more as a result, which also become the likely cause of cardiovascular and disease. In addition, the cold season will also increase the blood viscosity and may cause thrombosis, which will increase the risks of heart disease or stroke eventually.

How does hypertension affect the health of your cardiovascular system?

Due to the fast pace and stress of modern life, unhealthy lifestyle and so on, there is the trend of higher morbidity rate of hypertension for youngsters in China these years. Data shows that the prevalence of **hypertension among young people aged 18-34 years old in China exceeds 10%**, and is still rising.

One hand, long-term hypertension can damage the coronary artery of the heart, and gradually develop the coronary artery atherosclerosis process and result in coronary heart disease. Persistent increased arterial pressure can also increase the cardiac burden, form compensatory left ventricular hypertrophy, and increase the risks of arrhythmia, heart failure and sudden cardiac death.

On the other hand, **severe hypertension can also cause symptoms such as dizziness and headache, and even cause stroke.** The increased intravascular pressure caused by hypertension may also cause the thinning and bulge of the wall of blood vessel, and even result in aneurysm. If the aneurysm does rupture, it may be a life-threatening condition.



How to effectively prevent cardiovascular diseases in autumn and winter?

prevent and reduce the risks of cardiovascular disease in cold season, and help you and your family safely live through this cold season:

Reduce excessive cold exposure:

Minimize outdoor activities in cold weather. If you need to go outside you should wear some more layers of warm clothes to protect that the extremities such as heads, hands and feet.

Avoid intensive physical activities: When conducting outdoor physical activities, you should evaluate the risks and avoid the excessive burden to your heart and body.

You should be **alert to the signal of cardiovascular diseases** during cold season, such as squeezing pain in the front of the chest, accompanying the radioactive pain in the shoulder and back, and chest tightness, etc. When the suspected heart attack

occurs, you should ask others to call for help as soon as possible and receive timely medical assistance. If available and no allergy, you can chew 100-300 mg aspirin immediately before the medical assistance arrives.

Keep your body temperature stable as much as possible to avoid the significant fluctuation of body temperature during excessive sports or physical activities since it may cause dilation of blood vessels. This is also important for patients with cardiovascular disease or population with high risks of cardio-vascular diseases. Once you start to feel sweating or discomfort, you should stop physical activities immediately and move into the warm environment as soon as possible.

Receive the influenza vaccines on time since there is the higher incidence of influenza in autumn and winter. Influenza virus infection will also bring the potential health threats to cardiovascular system. It is recommended that babies, children, adults, and elderly people who are more than 6 months old should be vaccinated for influenza during autumn and winter season to reduce the risks of influenza infection.



Stay away from alcohol or limit the alcohol consumption: Although drinking can bring you somewhat warmth, it will accelerate the loss of heat and increase the risks of low body temperature. Therefore, you should limit the alcohol consumption in cold weather.

Health tips for indoor activities in autumn and winter?

Actually we will stay indoors even longer in cold season, you should look after your health as well.

- **Please keep the proper indoor temperature for you** (21-24 degree Celsius).
- If the indoor temperature is too low, you should wear enough clothing and **perform some indoor exercises if possible (such as yoga) to strengthen your immunity.**
- **Keep the healthy diet** and consume the balance nutritional foods which will provide sufficient energy and nutrition for the body.
- **Keep the positive emotion and attitude,** maintain the active communication with your family and friends which can make you feel the warmth of family and friendship.

In summary, the cold weather in autumn and winter may increase certain health risks of cardiovascular diseases. As long as we improve the health awareness and take the scientific and effective protective measures, we can spend this autumn and winter safely and healthily. Let us live well and enjoy the beautiful and golden autumn season.



What Causes Trouble Sleeping?

If you have trouble sleeping, you may struggle to fall or stay asleep. Not getting enough sleep due to difficulty sleeping can deplete your energy levels, focus, memory, and mood.

Trouble sleeping can lead to sleep deprivation—insufficient sleep for your body to function properly. Untreated sleep deprivation puts you at risk for health conditions like diabetes, heart disease, kidney disease, depression, stroke, and high blood pressure.

Sleep deprivation is often a direct cause of accidents. People driving while drowsy cause up to 100,000 car accidents each year. Lack of sleep can also lead to workplace safety issues, such as significant medical errors and industrial accidents.



Causes of Trouble Sleeping

Stress, travel, and sleep habits can cause trouble sleeping. It can also be a symptom of medications, underlying mental health conditions, or sleep disorders.

Stress: Stressful situations related to traumatic events, relationships, school, or work can make it difficult to sleep. Stress increases cortisol levels, a hormone that helps you wake up and stay awake. As a result, periods of intense stress can cause trouble sleeping for a few days or weeks. Stressing about getting enough sleep—known as sleep anxiety—can also make you feel anxious and awake, even if you're tired.

Sleep Disorders : **Sleep apnea and restless leg syndrome can also affect your sleep.** Sleep apnea causes someone to temporarily stop breathing during sleep, waking up throughout the night.

MedlinePlus. Sleep and your health. Other sleep apnea symptoms include loud snoring, headaches, gasping for air in sleep, and dry mouth.

Restless leg syndrome (RLS) can keep people awake at night because they feel the need to move their legs while trying to sleep. Other symptoms include feeling like your legs are tingling, itching, or burning.

Mental Health Conditions : Sleep and mental health are closely related. **People with depression often have trouble falling or staying asleep.** Other depression symptoms include a feeling of hopelessness, intense sadness, and excessive daytime sleepiness.

Generalized anxiety disorder (GAD) can make it difficult to stay or fall asleep due to feeling restless or on edge. Other symptoms of GAD include feelings of worry or dread, difficulty concentrating, fatigue, irritability, and headaches.

People with post-traumatic stress disorder (PTSD) may also have trouble sleeping and may experience nightmares that make it difficult to go back to sleep.



Medications

Several medications cause trouble sleeping as a side effect, including:

Cold and allergy decongestants: Medicines like Sudafed (pseudoephedrine) can increase heart rate and cause restlessness, making it difficult to sleep or get enough deep sleep.

Blood pressure medications: Beta-blockers like Lopressor (metoprolol) and Inderal XL (propranolol) can cause frequent nighttime wake-ups.

Inhalers: Some short-acting beta 2-agonists (bronchodilators) like Ventolin HFA (albuterol) can cause alertness, heart palpitations, and trouble sleeping.

Selective serotonin reuptake inhibitors (SSRIs): SSRIs like Prozac (fluoxetine) can stimulate the brain, making it difficult to fall or stay asleep.

ADHD medications: Adderall (amphetamine-dextroamphetamine) and Vyvanse (lisdexamfetamine) are stimulants that can make people more alert and make it difficult to fall asleep.

Lifestyle and Environment : Traveling and time changes can cause trouble sleeping, especially if you experience jet lag. Working night shifts or changing shifts frequently can also make it difficult for your body to differentiate between day and night.

MedlinePlus. Sleep and your health.

Your sleep habits can also cause sleep troubles. **Taking long naps can make it difficult to fall asleep at night.** Watching TV or using electronic devices with blue light before bed can also make it challenging to fall asleep. Blue light can alter the production of the sleep hormone melatonin, tricking your brain into thinking it's daytime. Sleeping in a room that is too bright, noisy, cold, or hot can also make it difficult to sleep.

Drinking caffeine too late in the day can make you feel too alert to sleep. Nicotine, alcohol, and recreational drug use can also cause trouble sleeping.





Hormonal Changes and Pregnancy

Trouble sleeping is more common in women, especially during menopause. During menopause, the reproductive hormones estrogen and progesterone decrease, and menstruation stops. These hormones also have sleep-promoting effects, so their decline can lead to trouble sleeping. Other symptoms of menopause can include hot flashes, vaginal dryness, and mood swings.

Pregnancy sleep issues are usually due to general discomfort, frequent peeing at night, and acid reflux. Some experts suggest trouble sleeping during pregnancy is also due to hormonal changes.

When to See a Healthcare Provider

See your healthcare provider if trouble sleeping affects your ability to complete daily activities.

You should also seek medical help if trouble sleeping lasts more than a month, as this is a sign you could have an underlying health condition causing sleep issues.

Treatments

Typical treatment for trouble sleeping involves managing stress and changing your sleep habits. Trouble sleeping caused by an underlying condition usually requires more extensive treatment. The goal of treatment is to help you find a way to fall or stay asleep to get quality rest. Treatments for trouble sleeping include:

Stress management: Massage therapy, meditation, yoga, or winding down before bed with a book and warm bath can help you relax for better sleep.

Creating a better sleep environment:

Going to bed at the same time every night and keeping your bedroom cool, dark, and quiet are often the first-line ways to improve sleep.

Cognitive behavioral therapy (CBT):

Seeing a mental health professional can help you learn to manage anxious thoughts and feelings that affect your sleep. CBT is a type of talk therapy that aims to identify and address the root cause of your unwanted behavior (in this case, trouble sleeping). Counseling can also help you learn tools to fall asleep more quickly and sleep longer.

Medication: Your healthcare provider may suggest medications to help you sleep, including over-the-counter (OTC) sleeping pills or melatonin supplements. Your provider may also prescribe sleep medicines like Ambien (zolpidem) and Lunesta (eszopiclone).

How to Prevent Trouble Sleeping

Practice good sleep hygiene and follow lifestyle habits that support quality sleep to prevent trouble sleeping. Good sleep habits might include:

- Keep your room cool and dark
- Use a white noise machine or fan
- Complete workouts at least 5-6 hours before you sleep
- Avoid napping later in the afternoon or altogether
- Avoid eating and drinking before bed
- Avoid TV or phone use before you sleep
- Avoid caffeine, nicotine, and alcohol before bed



From the Challenges to Growth: How To Be More Resilient?

Resilience originally comes from the concept of psychological capital. We all know that for a company, human capital is its key resource. So for an individual, psychological capital is their key resource from within, and psychological resilience is one of its four important elements. It refers to an individual's ability to react to challenges and adversity at work and in life and adapt accordingly. It means one's capacity to maintain psychological wellbeing in the face of difficulties and stressors.



We all want to be more resilient, particularly in today's life where changes and challenges are the new norm. Romain Rolland once put: 'there is only one true heroism in the world: to see the world as it is, and to love it'. This well-known quote is actually talking about resilience when we think about it. In this article, we are going to explore the concept of resilience and how to be more resilient and remain the love for life, despite the challenges and hardship.

What is Resilience?

The ability to face the challenges : In the face of challenges and setbacks, one's ability to look for solutions and move forward while maintaining psychological wellbeing.

The ability to recover : After the experience of difficulties and adversity, one's ability to recover from negativity and become motivated again for a new goal.

The ability to adapt : At times of changes and uncertainty, one's ability to adapt to the new situation and change the old thinking pattern and ways of doing that are no longer suited.

The ability to self-regulate : Effectively regulate one's emotions and manage stress, stay calm and mentally stable without being affected to lose control.

What Creates Resilience?

For some reasons it seems that some people are more resilient than others. They seem to be able to quickly bounce back from a difficult time and experience. Why

so? This is definitely a topic worthy of further exploration. So what determines resilience? At this stage, researchers and experts suggest the following factors:



Personal Characters : Research has found that a positive and optimistic personality tends to be positively correlated with psychological resilience. Additionally, self-discipline and perseverance among personality traits are also closely linked to psychological resilience. When faced with difficulties and setbacks, individuals with high self-discipline are more likely to overcome adversity through effort and persistence, thereby enhancing their level of psychological resilience.

Environmental factors : This includes family, schools, communities, and a wider social environment. The family environment, as the first and significant social context one is born and grows up in, plays a big part in one's resilience.

It refers to parents' relationship, their mental health and psychological wellbeing, their parenting style and approach.

The school and community also influence one's resilience.

Whether they have a positive atmosphere and create a sense of belonging and inclusiveness can mean a lot for one's resilience building.

How to Build Resilience?

Build a positive mindset : Learn to stay positive and practice positive thinking. When an opportunity presents itself, practise strengthening your positivity and believe that you can overcome the challenges and you can find a way out.

Accept changes and challenges : Learn to accept whatever life brings you, knowing that adversity and setbacks are great opportunities for you to learn and grow and become better.



A support network : Nurture a close relationship with family, friends and colleagues and stay in touch. Ask for support and help when needed, and share your experiences and feelings. All these will help you be more resilient.

Self-care : Keep a healthy lifestyle, including eating well, getting enough sleep, exercising etc. This will help maintain your health and wellbeing and increase your physical and mental capacity in the face of stressors.

Problem-solving skills : Learn to solve problems and think outside the box. Grow your problem-solving skills will eventually grow your confidence and autonomy when facing challenges.

Accept your emotions : Learn to accept your emotions both positive and negative. Learn to understand, express and regulate your emotions and feelings, but not to suppress and ignore them.

Seek professional support : When it has become too hard and difficult for you, look for professional support such as counselling and mentoring.

The above strategies may help you gradually build your resilience, increase your capacity in the face of challenges and stressors, maintain a healthy and positive mindset.





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