

Health Newsletter

-Generali China GBD

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Historical Newsletters

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GEB Health Kits

Understanding Anxiety

GEB (General Employee Benefit) provide clients with Health Kits available in multiple languages to help our insured members manage & prevent illness. Health kits include Mental Health, the Anxiety is one of the topic, let us learn what it is below.

Anxiety is excessive worry about a potential real or perceived threat that is difficult to control and causes distress or impairs normal functioning. There are many types of anxiety, but the more common types are specific phobias (e.g. spiders or snakes), generalized anxiety, and social phobias.



Symptoms of Anxiety can vary depending on the type of anxiety, but some common symptoms include: Restlessness , More fatigued than usual, Impaired concentration, Irritability, Muscle aches, Difficulty sleeping, Sweating, nausea, diarrhea, Difficulties in areas of life, Symptoms not related to other illnesses or mental disorders .

Behaviourally, **people with anxiety disorders will often avoid places or situations which may trigger anxiety**, which many include social activities and the workplace. Treatment of Anxiety Doctors might prescribe medication, and/or refer to a psychologist.

Psychological treatments target thoughts and behaviours to limit the interference with normal functioning. **Online resources will generally use similar cognitive and behavioural therapies.**

Do you want to find out more? The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources here: geb.flourishdx.com

View a video on this topic here: geb.flourishdx.com/videos/anxiety

We will share more article and material about health & wellbeing in the following newsletters. Your kind comment is highly expected.



Is a cold or flu making you sick?

Ahhhhh-chooo! 'Tis the season for a sneezin' .Adults catch an average of two to three colds per year, and kids get them even more often—up to six or eight a year.The common cold and the flu have many of the same symptoms—from congestion and sore throat to headache and tiredness. When you' re feeling terrible, you just want to know what you' ve got and if there' s anything you can do to find some relief. For the flu, especially, it helps to ID the illness early and have a doctor on hand in case complications come into play.



So which sickness do you have, or could it be something else entirely? If your symptoms have you on the struggle bus, let our guide help you identify your illness, and provide tips to cope.

So which virus is it?

Did you know both the common cold and influenza are viruses? While they are different viruses, they both affect the respiratory system and are spread through droplets in the air when an infected person sneezes, coughs, or blows his nose. These virus droplets often land—and stay alive—on objects we touch, contributing to the fast spread of sickness this time of year.

Stuffy or runny nose, sneezing, sore throat, cough, fatigue, and

headache can bother sufferers of both the cold and flu viruses, but flu

symptoms are more severe. Flu also usually brings with it fever above 101 degrees, chills, and body aches—ouch. Flu symptoms tend to come on in a quick and intense way, lasting a few days or more. The flu can also bring complications, like dehydration, that may require a physician consult.

Colds, usually caused by rhinoviruses, start gradually and last seven to 10 days. Since symptoms are less severe, sufferers usually find they are able to go to school or work, especially after the initial wave—those first two or three days the cold hits and you are contagious. The flu, on the other hand, can leave you bedridden for the duration of the illness.



So what' s a sick person to do?

If you or your child has a cold virus, make resting—especially sleep—a priority so the body can use its energy to fight infection. Drink plenty of clear liquids, and use a humidifier to make the air moist and easier to breathe. Saline spray can soothe a sore nose, while a warm washcloth or compress on the face can relieve sensitive sinuses.

In terms of medicine, **it is important to understand that antibiotics cannot kill viruses** and are not effective against viral infections. Taking them unnecessarily can be harmful. Over-the-counter decongestants or pain relievers could help, a doctor is your best guide to understanding whether you should take a medication.

The same would go for flu medications: **Acetaminophen, ibuprofen, or decongestants may help with discomfort.** If the virus is caught early enough, a prescription flu antiviral drug may help. There are four of these medications available,⁴ so talk with a doctor about which could be a fit for you.

Since the flu leaves you feeling crummy, rest should be an easy prescription. **Dehydration is the biggest concern for flu sufferers—so drink often,** mixing in water, other clear liquids and broths, popsicles, and ice chips. If your fever is high and bothersome, take a lukewarm bath or put cool washcloths on **the skin to lower the body' s temperature.**

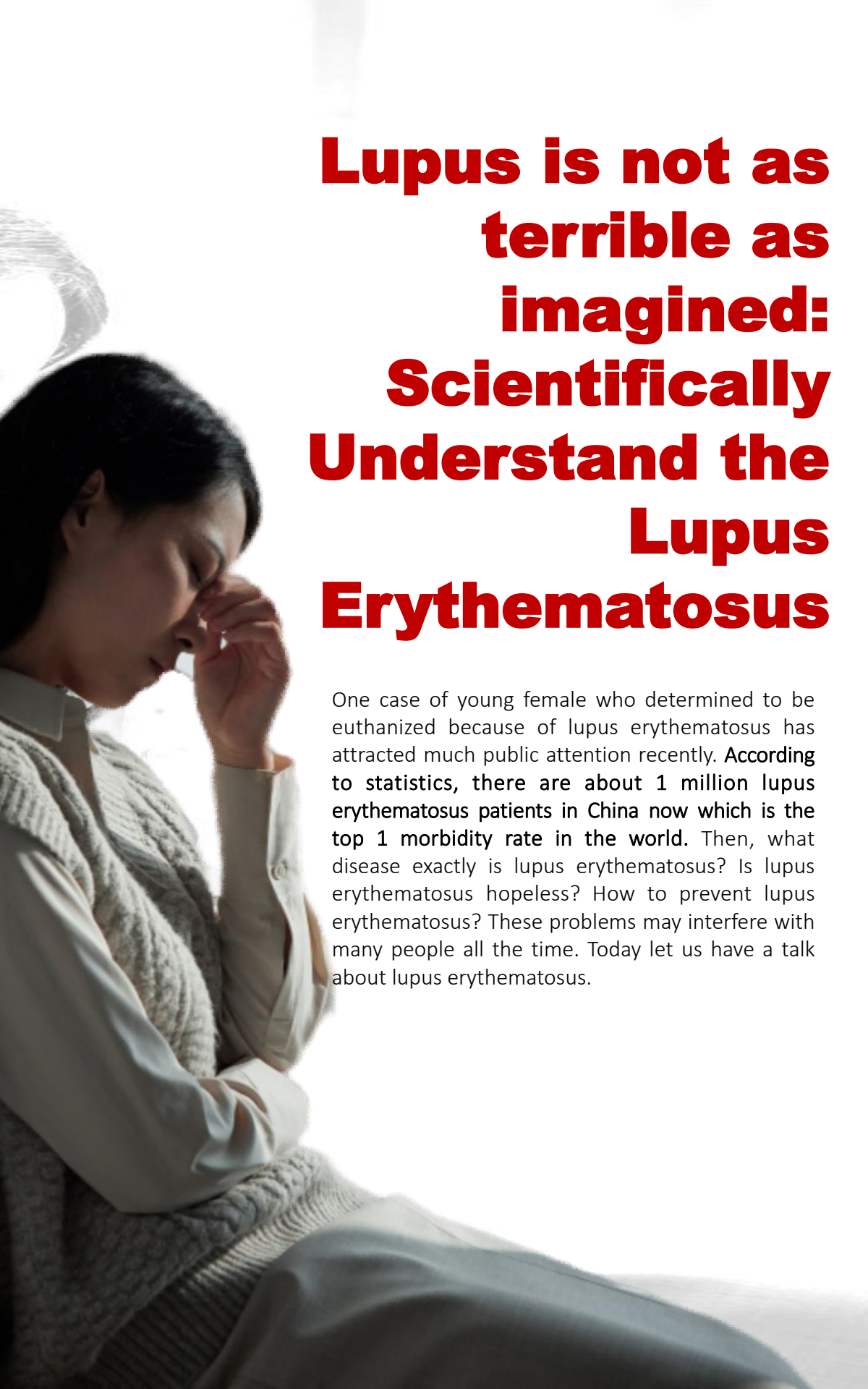


Try to stay away from others to avoid passing the virus along. Use tissues, and wash or sanitize hands and surfaces often and thoroughly.

Unfortunately, cold and flu viruses are part of life, and there' s no simple cure. **For the flu, get your annual vaccine by the time fall begins.** Talk to a doctor about whether you are at high risk of complications, and how you can be prepared if illness strikes.

Hand hygiene is really your best defense against any common illness this time of year. Wash hands with soap and warm water frequently—especially after being in public places and before eating. Keep sanitizer with you when you' re on the go, and try not to touch your eyes, nose, or mouth. Cough into your sleeve if you don' t have tissues on hand. Be aware of spreading germs so you—and others—can stay healthy this cold and flu season.





Lupus is not as terrible as imagined: Scientifically Understand the Lupus Erythematosus

One case of young female who determined to be euthanized because of lupus erythematosus has attracted much public attention recently. **According to statistics, there are about 1 million lupus erythematosus patients in China now which is the top 1 morbidity rate in the world.** Then, what disease exactly is lupus erythematosus? Is lupus erythematosus hopeless? How to prevent lupus erythematosus? These problems may interfere with many people all the time. Today let us have a talk about lupus erythematosus.



Lupus erythematosus (also known as lupus) is an autoimmune disease that occurs when your immune system attacks your body. **The classical sign of lupus is the shape of butterfly-winged facial rash on the cheek of the patient.**

Common causes of lupus erythematosus?

Lupus cases are related to genetic and environmental factors, and some other pathogenesis factors include:

Sunlight exposure: Excessive exposure to sunlight can cause lupus-like skin lesions.

Infection: Some infections in the body can also trigger lupus onset.

Drugs: Some drugs for hypertension, antiepileptic drugs, and antibiotics may also trigger lupus onset.

People at higher risks for developing lupus erythematosus?

Factors that may increase the risks of developing lupus include:

Gender: Lupus is more common in female than male which the ratio between female and male is about 1:12.

Age: Generally, patients are between 15 and 45 years old and the average age of patients is 30 years old.

Race: Lupus is more common among Africans and Asians.

Common symptoms and presentations of lupus erythematosus?

Red rashes near the cheek and nose area or with rash on other body location, Fatigue, Fever, Joint pain, stiffness, and swelling, Skin problem getting worse due to sunlight exposure, The fingers and toes whiten or have cyanosis due to cold exposure or stress, Short of breath, chest pain, Dry eyes, Headache, confusion, and memory loss.

Complications caused by lupus erythematosus?

Renal impairment: Lupus can damage kidney function, and kidney failure is the leading cause of death for lupus patients.

Nervous system: Patients may have headaches, dizziness, memory loss, behavior changes, visual impairment and other problems, and severe stroke or seizure.

Circulation system: Lupus can also cause circulation problems, including anemia, bleeding, or coagulation disorder etc.

Respiratory system: Lupus increases the risks of pleurisy and pneumonia.

Heart disease: Lupus increases the risks of cardiovascular disease, such as myocarditis and endocarditis

Others: Lupus patients are more likely to have infection, fractures, abortion.

How to treat lupus erythematosus?

The common medications to treat lupus erythematosus including:

Non -steroidal anti -inflammatory drugs (NSAID): Ibuprofen can relieve the pain and fever caused by lupus erythematosus.

Anti-Malarial medicine: Hydroxyl chloride can help to reduce the risks of lupus erythematosus.

Hormone: Bomonetatis can relieve inflammation of the body caused by lupus.

Immunosuppressor: Certain immunosuppressants will help relieve the severe symptoms of patients, such as azozimine, methotreate, and cyclobacterin.

Biological preparations: Certain biological agents, such as Belie Ulitaba, Lipchen Mipoa, etc., can also reduce the symptoms of patients with lupus erythematosu.



How to prevent lupus erythematosus and its onset?

The following measures and behaviors can effectively reduce the risks of lupus erythematosus and lupus onset, including:

Avoid sunlight exposure: Due to excessive exposure to the sunlight (ultraviolet), it will not only cause skin problems, but also increase the risks of lupus erythematosus. Therefore, we should pay attention to sun protection to reduce direct sunlight. When going out, you should wear suitable, and use the sunscreen with at least 50 SPF.

Exercise: Walking, riding bicycles, swimming, yoga, and running are good methods for exercise. It is recommended to maintain moderate exercise for 150 minutes per week, or more than 30 minutes per day.

• **Healthy diet:** It is recommended to balance your diet to ensure overall nutrition for the body, which is conducive to promoting health and improving immunity, such as the Mediterranean diet.

• **Good sleep quality:** Sufficient sleep is not only conducive to maintaining good energy, but also improves your immunity and maintains good physical and mental health.

Although lupus cannot be prevented absolutely, and with taking healthy lifestyle and developing the healthy lifestyles, you can also significantly reduce the risks of lupus erythematosus. For people with lupus erythematosus, with positive and efficient treatment, they can also control the medical conditions well and improve their life quality. We hope everyone will have a healthy and brilliant lifetime.



Let's Cycling In this Winter

Due to the cold temperature and the poor road conditions because of ice and snow in winter will affect the enthusiasm of cycling outdoors in winter. On the other hand, cycling in winter can still promote your overall health, weight management, strengthen your physical capacity, improve your emotions and immunity and prevent diseases. We can also enjoy the joyfulness and benefits of cycling in winter and the following suggestions can help you enjoy the cycling exercise in winter.



Preparation before cycling

Make your cycling plan: cycling in winter is a little different with other seasons and cold weather. **You should follow the principle of gradual progress for cycling.** Such as cycling every two or three days. You should avoid cycling outdoors when the weather conditions are poor.

Choose the proper bicycle: When riding in cold season or with poor weather conditions, The bicycle will become harder to control in winter and the braking system may also be affected. **It is recommended to utilize the special tires,** maintain the muddy plate, and check the lighting equipment before cycling. When cycling in rainy and muddy conditions. Bicycles with disc brakes are better than bicycles with rotor brakes.

Tire check: The tire pressure should be checked before cycling in winter. **It' s advised to adjust the tire pressure to the lower value within normal range,** which can increase the contact area between the tire and the ground, slow down the road bumps, and help control the bicycle balance.

In addition, when the cold season or the road conditions are not good enough, **you can also consider changing the tire tires with larger or wider tire patterns,** so that there will be more friction and enhance the grip power on the wet and muddy roads.



Lighting equipment : The best cycling time is the daytime, and the afternoon is better for cycling if possible. The temperature will be lower at night, **so you should try to avoid cycling at night.**

It is necessary to fix the with corresponding lighting equipment and safe reflective devices or clothing. **Check the battery volume before cycling.** Two lamps on the front and on the back of the bicycle are advised, and one spare lighting equipment may be carried during cycling.

Warming equipment : **When cycling outdoors in winter, it is recommended to wear multi-layer clothes.** You can choose sweat-absorbing, quick-drying underwear for your upper body, and puffy warm clothes for the middle layer. The outer layer can choose waterproof and windproof jacket. The lower body can choose to wear puffy cycling pants or warm underwear muddy plate, and check the lighting equipment before cycling.

In addition, wearing a cycling cap under the helmet can keep your head warmth. Other equipment, such as cycling gloves, leg protection device, waterproof shoes and socks can also enhance your comfort during cycling. When the cycling distance is long, you should carry one heat insulation kettle with warm water or drink inside, you can supplement you and provide heat energy.

During cycling

The correct cycling posture: Before cycling, you should adjust the proper height for you. **It is advisable to let your foot touch the ground when you sit on your bicycle.**





When cycling, **the upper body should be slightly lowered, and the head is slightly tilted forward.** The arms are bent naturally, and the waist is bowed. Try to lower the center of your body weight to reduce the bump force during cycling. Holders should be held lightly and sitting steadily.

Keep the reasonable speed : Adhere to the gradual exercise plan, and gradually increase the cycling speed, time and distance. **Avoid trying the high -speed, long -distance or high -intensity cycling methods** to minimize the harm to your body. It is recommended to keep the pedal stepping frequency of 60 ~ 80 times per minute. Each cycling can start from a low speed for about 20 minutes, and then gradually accelerate.

Suggestions after cycling:

It is recommended to stretch the back, the inside and the outside of the thigh, the hip muscles as well as calf muscles. **The stretching for each muscle area can last for 15-30 seconds** to ensure your muscle fully stretched and relaxed, your blood circulation and waste metabolism promoted.

Cleaning and lubricating your bicycle: If your bike is seriously polluted by ice, snow or soil after cycling, and **Clean the brake system** after cycling.

Cycling is a popular aerobic exercise. It can not only enhance cardiopulmonary function, exercise lower limb muscles, but also improve your overall health. you can always enjoy cycling in winter as long as you take adequate preparations and exercise plan.



How to Eat Seasonally During the Winter Months

Eating with the seasons sounds like a delightful goal—but what about when the season is cold, dark, and gray?

Often, it seems like seasonal eating guidance shines a spotlight on the sunny summer months of juicy strawberries, crunchy ears of corn, and garden-fresh tomatoes, then goes dormant around November. Still, eating in-season produce continues to have benefits for health, the economy, and the environment all year round.

So is it really realistic to plan your meals around in-season foods in the winter months—and what's even available, anyway? We tapped dietitians and farmers for tips on how to make seasonal eating in the wintertime a reality.

The Benefits of Eating Seasonally

If you've ever had a perfectly ripe peach in June, you know how delicious in-season produce can be. The just-right taste of fruits and veggies in their prime may partially have to do with seasonal foods' nutrient levels.

- Vitamins and minerals are heat, light, and time-sensitive. This means over a period of time, they will become less nutrient dense
- One study found that in lettuce, levels of potassium, calcium, magnesium, iron, zinc, phosphorous, and copper were significantly lower at the grocery store where it traveled from many miles. Ultimately, this could mean **you'll derive higher levels of vitamins and minerals from eating produce soon after it's harvested.**

- Eating seasonally can help provide you the nutrients you need during that time of year. For example, many winter foods are higher in vitamin C, which can help you fight off colds or other seasonal illnesses.

Which Foods Are in Season in Winter?

In general, crops known for their winter hardiness include the following: Citrus fruits like oranges, lemons, limes, and grapefruits, Kumquats, Kiwis, Pears, Apples, Persimmons, Pomegranates, Turnips, Parsnips, Beets, Cauliflower, Leafy greens like arugula, chard, collards, and bok choy, Radishes, Cucumbers, Rutabagas, Onions, Potatoes and sweet potatoes.



How to Incorporate More Seasonal Foods Into Your Diet in Winter

Winter may not feature the abundance of seasonal foods of spring or summer, but there are still plenty of ways to enjoy its more modest bounty. Some cold-hardy fruits and veggies are even convenient as solo snacks.

Apples may be one of the most convenient grab-and-go snack foods out there. Pairing an apple with a healthy nut butter gives you a balanced snack, packed with healthy carbs, fiber, fat and protein.

Likewise, **pears and citrus fruits make for easy packing in a lunchbox.** Other winter fruits like pomegranate arils and kiwis can top off salads, nestle in smoothies, or grace breakfast oatmeal or yogurt parfaits.

Winter leafy greens are another simple springboard for all sorts of meals, sides, and snacks. Whip up a salad with spinach or kale—potentially with a citrus-inspired dressing—or toss some into a protein shake for a hidden boost of fiber and nutrients. Then, for an easy dinnertime side, grab a steamer basket. “Collard greens are particularly high in calcium and iron. They are an easy addition to any dinner meal and tend to be best steamed or sautéed with olive oil and garlic. You can also turn to soup as a melting pot of winter produce. Potatoes, onions, cauliflower, and parsnips amp up broth- or cream-based soups with hearty texture and plenty of nutrients.

And winter veggies are some of the best ones to roast to caramelized perfection, whether to include in soups or enjoy on their own. “Many root vegetables can also be mashed to make a delicious puree just like potatoes.

However you choose to add winter produce to your plate, don’ t be afraid to experiment. Less-familiar options like persimmon, rutabaga, or kumquats may become new favorites to enjoy each time the season comes around.



End of Year Reflection to Approach

Here we are coming closer to the end of the year again. Looking back to the gains and the pains throughout the year, what would that make you feel?

For some, this is a critical moment of the year to review the past and to plan for the future, which can also cause anxiety and frustration for them. For some, this is a refreshing moment with hope and excitement to open a new chapter.

What decides how we feel lies not just with what has actually taken place throughout the year but also with the lenses we look through.

In today's article, we are going to talk about taking an approach of positive psychology to reflect on the year gone, review the highlights, and plan for the next year.



What is so good about having an approach of positive psychology?

When reflecting the past and planning for the future, positive psychology helps us focus on our personal growth, progress and the positive experiences, which will then increase our self-acceptance and stimulate positive emotions. Let's elaborate further on this.

Increase self-acceptance: reviewing the past through a positive lens, we are able to focus on our strengths and achievements and also constructively look at the areas for improvement. When we see and acknowledge our growth and successes, we gain confidence for pursuing future goals.

Build mental resilience: life is a journey. No matter how well we have planned, prepared and invested, inevitably there will be ups and downs and times where things don't go as planned and prepared and invested. Positive psychology encourages to look at these ups and downs from a broader and long-term perspective. This helps us to bounce back and take the learning from the past experiences to move forward.



Increase happiness: it seems that as human beings we have a tendency of loss aversion. Loss aversion refers to a cognitive bias where we feel the emotional impact of a loss more intensely than the joy of an equivalent gain. This tendency helps human species to be alert and survive and achieve life quality.

However for an individual it stops one from fully enjoying and celebrating the happy moments that life brings. Positive psychology reminds us to embrace and celebrate those happy moments. This will help us increase the feeling of happiness and maintain hope for the future.

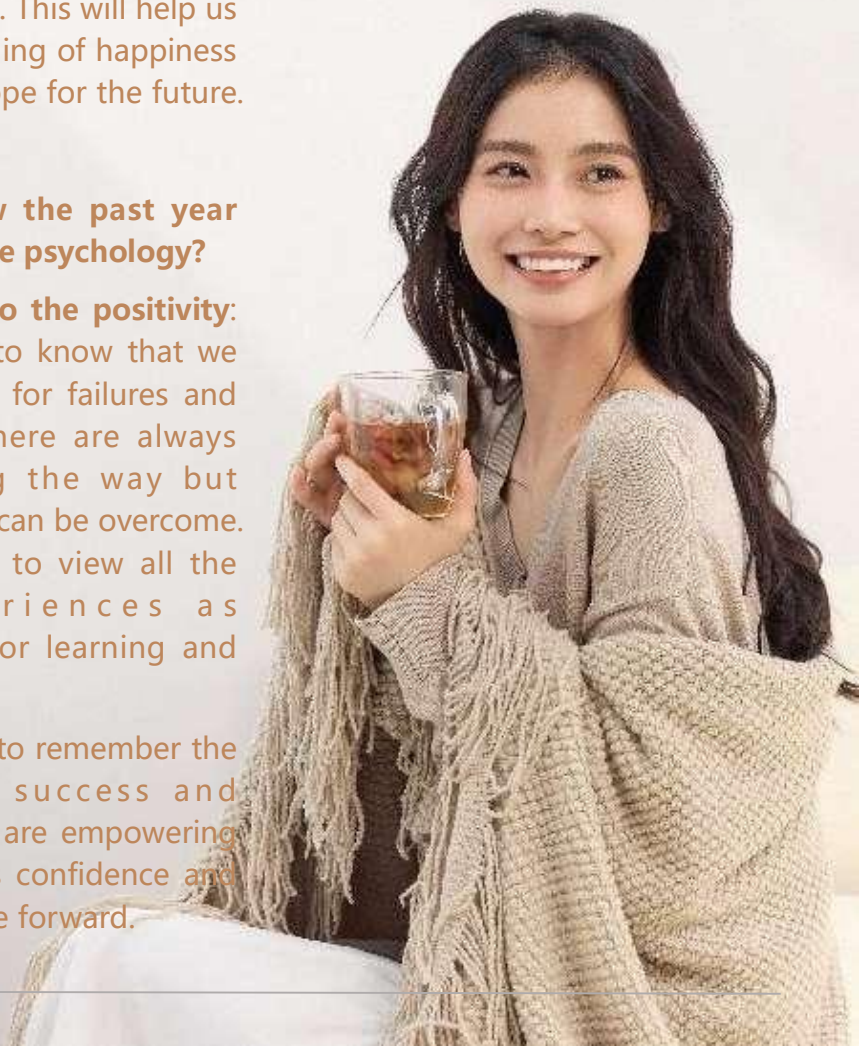
How to review the past year through positive psychology?

Pay attention to the positivity: it is important to know that we are not looking for failures and frustrations. There are always hurdles along the way but remember they can be overcome. Instead we are to view all the past experiences as opportunities for learning and growing.

It is significant to remember the moments of success and achieving. They are empowering and will give us confidence and courage to move forward.

Take note of the success and growth: sometimes we can be very comfortable with our successes and get used to achieving, which means we see that as a norm and we don't celebrate them anymore.

So when things don't go well, we tend to become anxious and may worry that it reflects our incapability and incompetency. Therefore, it is very important to take note of all our successes and personal growth, and acknowledge all of them, big or small. This will keep us motivated.



Gratitude and appreciation: take some time to think about the people who have helped you in the past year and thank them for their support. Always be grateful for having a positive network of support and continue nurturing this important network.

How to plan for the future with positive psychology?

Goal-setting: when setting goals and making plans, we often use the SMART approach, that is Specific, Measurable, Achievable, Relative, and Timeframe. On this basis, it is useful to add on Positive Feedback. When we reach a milestone, it is important to reward ourselves, such as dining out, going to a movie or concert, a little present etc. This is to celebrate our achievement so we remember a happy moment and take time to feel it.

Being flexible and open: in today' s life, it is pretty normal to face volatility, uncertainty, complexity and ambiguity. It requires us to be flexible and open in our plan. This will help us deal with unexpected changes and stay confident and prepared to adapt.



Collaborating and sharing: nowadays it seems almost impossible to work on one' s own. We are connected more and more closely and play a role in each other' s life, which requires us to work more and more closely together in order to achieve goals. So when you make a plan for next year, try sharing it with your family, friends or colleagues to get their views and possibly their support if needed. This is a good way to seek information and resources to help you meet your goal.

Being persistent and patient: positive psychology acknowledges and difficulties and challenges in life, therefore it suggests a positive mindset to face them without being fearful or terrified by them. When we are familiar with applying a positive approach, we not only gain confidence and a sense of certainty, but also stay patient and persistent on making our way to goals and not give up easily when hitting roadblocks.





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