

Health Newsletter

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**Create a Wellbeing
Calendar for your
employees or your family**

**Does coughing all the time mean
one suffers from asthma?**

**The Benefits of Walking,
Plus 2 Workout Plans to Get You Going**

**The Most Common
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**Learn Olympic Athlete's
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**The 'Runner' and the 'Chaser'
in Intimate Relationships**



2022 CREATE A WELLBEING CALENDAR FOR YOUR EMPLOYEES OR YOUR FAMILY

2022, Create a customized, interactive Wellbeing Calendar for your employees or your family, This Wellbeing Calendar include animated videos, infographics, gifs and more. Please feel free to share our Multilingual Health Kit (Calendar) with your employees.

In this calendar, you can learn 7 health topics, which include Antibiotic Overuse, Colds & Flu, Nausea & Diarrhoea, Dengue Fever, Respiratory Illness, Acid Reflux and Mental Health.

The contents are **Multilingual** Pattern, you can find Chinese here, please feel free to use the material.

[Click here or on the image below to view our calendar and available linked content](#)



Does **coughing** all the time mean **one suffers from asthma?**

It is winter now and the air is getting colder, drier, and windier. Coughing is one of the most common symptoms that parents take their children to see a doctor for during this season. Because it is hard for children to accurately describe the symptoms of their condition, the difficulty in diagnosis and treatment is increased.

To some extent, coughing is beneficial, it helps to remove substances from the airways and prevent these substances from entering the lungs. These substances can be inhaled particles, or they may come from the lungs and/or airways. The most common substance coughed up from the lungs and airways is sputum.



Possible causes of coughing

This depends on whether the duration of the cough is less than 2 weeks (acute), 2 to 4 weeks (persistent), or 4 weeks or more (chronic).

- For acute cough, the most common cause is: Upper respiratory tract infection caused by a virus
- For chronic cough, the most common causes are: Cough Variant Asthma (CVA), Upper Airway Cough Syndrome (UACS) and Postinfectious Cough (PIC)
- It may also be caused by foreign body inhalation or respiratory infection (such as pneumonia, whooping cough, or tuberculosis)
- Other causes such as genetic diseases, inflammatory diseases involving the airways or lungs, etc.

The causes of chronic cough in children of different ages are also different. The common causes of chronic cough in children under 6 years old are PIC, CVA and UACS. Infants with chronic cough should be alert to the possibility of bronchial foreign body inhalation. While the main reasons for chronic cough in children ≥ 6 years old are UACS and CVA, and the proportion of psychogenic cough (has no apparent cause) or multi-cause cough gradually increases with age.

Parents should pay attention to the following when discovering or asking their children about discomfort:

The duration of the cough (including the duration of each time and whether there is a fixed time, such as getting up in the morning or at night), the nature of the cough (such as barking, inconsistent, paroxysmal, presence or absence of sputum), and the status of the attack (such as sudden or painless attacks), whether there are irritating factors (such as cold, dust, small animal hair, pollen, etc.); at the same time, pay attention to whether there is a runny nose, sore throat, fever, headache, wheezing, or arching of the back after feeding the baby, so that the symptoms can be more clearly described to the doctor to help the diagnosis and differential diagnosis.





What symptoms does your child have that could be asthma and need immediate medical attention?

- I Whistling or gasping when exhaling
- Difficulty sleeping due to shortness of breath, coughing, or wheezing
- Nostrils widen when inhaling (flaring nostrils)
- Coughing or wheezing that can get worse with a cold or flu
- Delayed recovery after respiratory infection or bronchitis
- Difficulty breathing that prevents play or exercise
- Having to stop in the middle of a sentence to catch the breath when speaking
- The signs and symptoms of asthma vary from child to child, and sometimes the same individual has different symptoms, which can get worse or better over time.

Treatment of cough in children

The focus of cough treatment is to identify the cause and treat the cause. Due to the difference between children's medication and adults, the "Chinese Children's Cough Diagnosis and Treatment Clinical Practice Guidelines (2021 Edition)" specifically pointed out that:

- Routine antibiotic therapy is not recommended for children with acute cough
- Routine use of expectorants is not recommended for children with acute cough
- Routine use of antihistamines is not recommended for children with acute cough

Therefore, children's medication must be under the guidance of the doctor's assessment, and parents should not blindly give children medication.

This information parents need to know:

It is recommended that children with cough be removed from a passive smoking environment. More than 50% of children with acute respiratory infection have a cough that naturally lasts for more than 10 days, so necessary observation and waiting are important.

A small and simple tip for a home remedy:**Honey!**

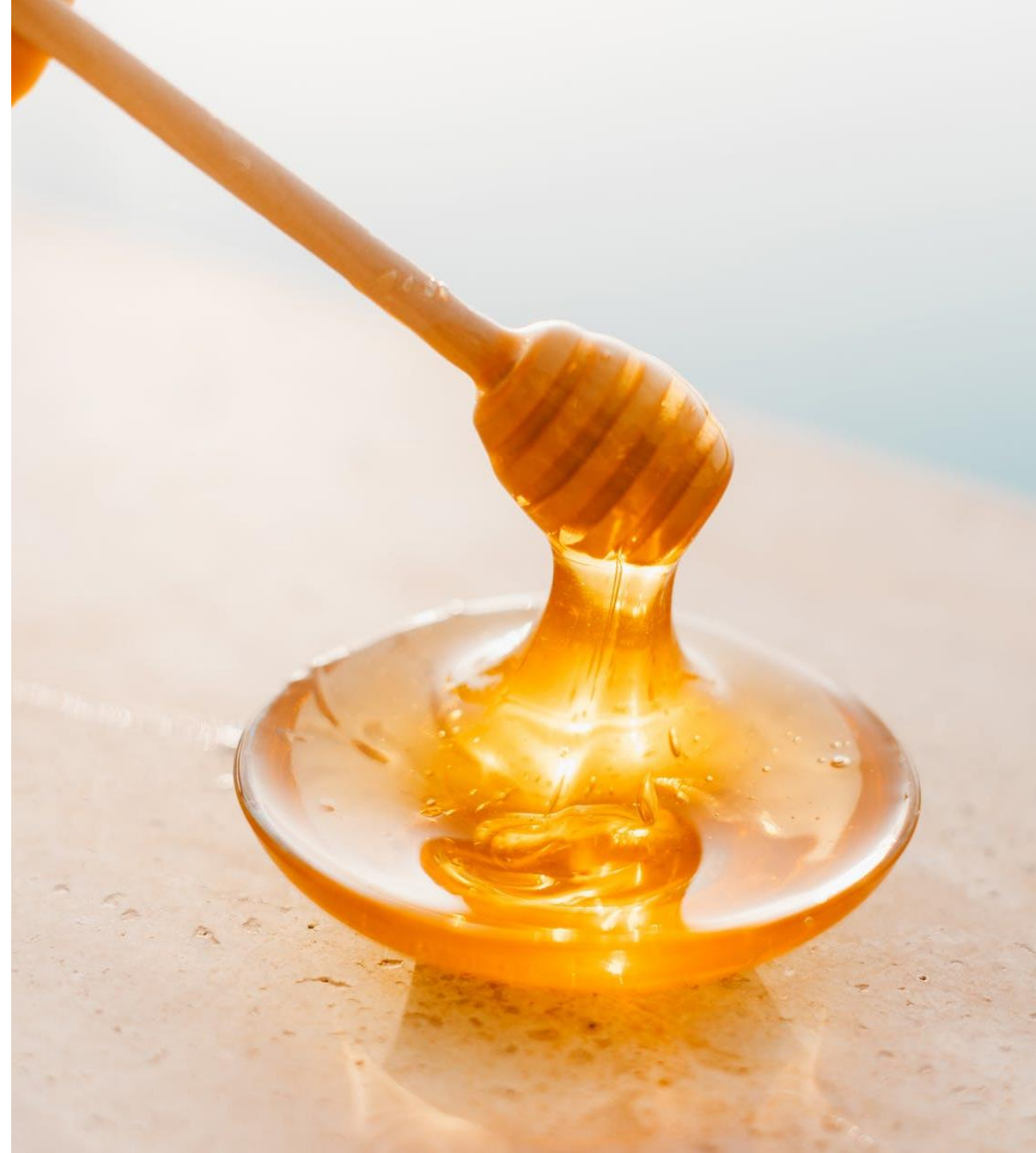
Both the World Health Organization and the American Academy of Pediatrics recommend that children aged 1+ with acute cough should drink warm honey water. One spoon each time, about 2.5ml~5ml; 1-2 times a day.

The results of a randomized trial showed that 270 children (1-5 years old) with common cold and nighttime cough drank a glass of honey water (10g honey + moderate amount of warm water) before going to bed. On the second day, the cough frequency, severity and annoyance were improved to varying degrees.

Note, however, that this is only for children over 1 year old.

In Conclusion

The purpose of this article is to promote and popularize science, so that parents can understand children's cough disease, find the problem early, and seek medical treatment in time.





The Benefits of Walking,

Plus 2 Workout Plans to Get You Going

Walking may be the most underrated form of exercise. Turns out, putting one foot in front of the other carries some serious benefits.

There's a popular belief that if your workout doesn't make you sweat through your sports bra, it's not worth doing. But that's hogwash, experts say. Gentler workouts can be just as vital as hard-core exercise— and that's especially true for a good old-fashioned daily walk.

Our bodies crave movement every day, walking is an accessible way of [staying active, of keeping the blood flowing, utilizing energy, and stretching our muscles, walking is the daily servings of vegetables in our fitness diet.

And when you want to push yourself, you can get your heart rate up by climbing hills or following an interval regimen. Adding a challenge can turn your walk into the moderate-to-intense activity our bodies also require three to five days a week. Plus, walking has some major health perks: Research suggests a regular routine can boost immune function and reduce stress (yes, please!). It may also alleviate some hormone-related symptoms that can crop up midlife. A 2020 review of studies in the journal *Menopause* revealed that 91 percent of 77 different walking programs resulted in the improvement of at least one menopause-related health issue.

Walking workouts may even help us stay mentally sharp. In October 2021, researchers reported in the journal *NeuroImage* that just 40 minutes of brisk walking three times a week was enough to improve signaling in the brain's white matter, the deterioration of which is associated with cognitive impairment and Alzheimer's disease.

Set Your Goal

The sweet spot for a long, healthy life may be closer to 7,000, according to a large study published in 2021 in *JAMA Network Open*. The researchers found that people who took more than 10,000 steps a day did not have any greater reductions in mortality risks than those taking at least 7,000 steps daily.

Thirty minutes is the baseline amount of exercise that produces benefits. Move at a clip that raises your heart rate but doesn't leave you gasping for breath, she suggests. That might be anywhere from a 12-minute mile to a 20-minute mile (or 3–4.5 MPH on a treadmill at a 1.0 incline). If you have a heart rate monitor, aim for between 50 percent and 70 percent of your maximum heart rate.

Science backs her up. For a recent study in the *Mayo Clinic Proceedings*, researchers looked at the fitness habits of more than 8,000 Danish adults who had joined a long-term study on heart health in the 1990s, and then checked their names against death records. They found that the people who had reported taking part in a physical activity between 2.6 and 4.5 hours per week—which is about 30 to 45 minutes most days—when they joined the study were 40 percent less likely to have died, compared to less active people.

Walking is also a whole-body activity, when your legs move, there's a reciprocal arm swing. You can work different joints and muscles by varying your terrain. And walking is weight-bearing, meaning it's good for your bones. Ready to lace up? We've got workouts, pro advice, and more to help you make the most of every step.



Put a Little Pep in Your Step Hop on the treadmill to do this walking interval workout from Raj Hathiramani, RRCA-certified run coach for workout app Aaptiv and Mile High Run Club in New York City. It alternates between leisurely and brisk paces, helping you adapt your efforts physically and mentally to build endurance. —AS

Treadmill Interval Workout			
30Minutes			
Time	Incline	Speed	Pace
00:00-05:00	1.0	2.0-4.0	Warm-up
05:00-09:00	1.0	3.0-5.0	Brisk walk
09:00-11:00	1.0	2.0-4.0	Active recovery
11:00-15:00	4.0	3.0-5.0	Incline walk
15:00-17:00	1.0	2.0-4.0	Active recovery
17:00-21:00	4.0	3.0-5.0	Incline walk
21:00-23:00	1.0	2.0-4.0	Active recovery
12:00-27:00	1.0	4.0-6.0	Brisk walk/Light jog
27:00-30:00	1.0	0.0-4.0	Cool down and stretch



Four-Week Plan 4

Like planning ahead when it comes to fitness? Then try a monthly walking challenge. This plan will have you walk-ing longer and faster by the end of the month, with weekly workouts that help build your speed and stamina. Make sure to listen to your body when following the walking schedule. If there's ever a day where you feel like you need to do less than the plan states, it's better to take it easy or do a shorter walk rather than skipping walking entirely.



	WEEK 1 Foundation	WEEK 2 Intervals	WEEK 3 Inclines & Hills	WEEK 4 Duration
MONDAY	5 minutes: Warm up at easy pace 10 minutes: Walk at brisk pace 5 minutes: Cool down at easy pace	(20 minutes total) 5 minutes: Warm up at easy pace 30 seconds: Walk at fast pace+ 2 minutes: Recover at moderate pace (do 4 reps) 5 minutes: Cool down at easy pace	5 minutes: Warm up at easy pace 10 minutes: Hilly route at moderate pace (if there are no hills nearby, use the incline on a treadmill) 5 minutes: Cool down at easy pace	5 minutes: Warm up at easy pace 20 minutes: Walk at brisk pace 5 minutes: Cool down at easy pace
TUESDAY	5 minutes: Warm up at easy pace 10 minutes: Walk at brisk pace 5 minutes: Cool down at easy pace	(20 minutes total) 5 minutes: Warm up at easy pace 30 seconds: Walk at fast pace + 2 minutes: Recover at moderate pace (do 4 reps) 5 minutes: Cool down at easy pace	25 minutes: Walk at easy pace (or use as optional rest day)	5 minutes: Warm up at easy pace 20 minutes: Walk at brisk pace 5 minutes: Cool down at easy pace
WEDNESDAY	20 minutes: Walk at easy pace (or use as optional rest day)	30 minutes: Walk at easy pace	5 minutes: Warm up at easy pace 15 minutes: Hilly route at moderate pace (if there are no hills nearby, use the incline on a treadmill) 5 minutes: Cool down at easy pace	40 minutes: Walk at easy pace (or use as optional rest day)
THURSDAY	5 minutes: Warm up at easy pace 10 minutes: Walk at brisk pace 5 minutes: Cool down at easy pace	(26 minutes total) 5 minutes: Warm up at easy pace 1 minute: Walk at fast pace + 3 minutes: Recover at moderate pace (do 4 reps) 5 minutes: Cool down at easy pace	25 minutes: Walk at easy pace (or use as optional rest day)	5 minutes: Warm up at easy pace 30 minutes: Walk at brisk pace 5 minutes: Cool down at easy pace
FRIDAY	5 minutes: Warm up at easy pace 15 minutes: Walk at brisk pace 5 minutes: Cool down at easy pace	(26 minutes total) 5 minutes: Warm up at easy pace 1 minute: Walk at fast pace + 3 minutes: Recover at moderate pace (do 4 reps) 5 minutes: Cool down at easy pace	5 minutes: Warm up at easy pace 20 minutes: Hilly route at moderate pace (if there are no hills nearby, use the incline on a treadmill) 5 minutes: Cool down at easy pace	5 minutes: Warm up at easy pace 30 minutes: Walk at brisk pace 5 minutes: Cool down at easy pace
SATURDAY	20 minutes: Walk at easy pace (or use as optional rest day)	30 minutes: Walk at easy pace	25 minutes: Walk at easy pace (or use as optional rest day)	40 minutes: Walk at easy pace (or use as optional rest day)
SUNDAY	30 minutes: Walk at easy pace	30 minutes: Walk at easy pace	25 minutes: Walk at easy pace	40 minutes: Walk at easy pace
PACE KEY	Easy: It shouldn't feel strenuous, more like a stroll.	Moderate: Purposeful pace, like you have someplace to be, but you can still carry on a conversation.	Brisk: Faster pace, like you're late for an appointment. It's getting harder to talk.	Fast: As quick as you can. You can still talk, but only in brief phrases.



The Most Common Fatigue Causes

You got a full eight hours but are still exhausted; what's the deal? Finding out what's causing your fatigue can be challenging. In fact, getting to the bottom of what's behind a patient's exhaustion is among the hardest questions primary care doctors answer, Cory Fisher, DO, who specializes in family medicine at Cleveland Clinic, tells *Health*. Here, you'll find a list of the conditions most often associated with fatigue, plus lifestyle habits that can contribute to the problem.

A man with a beard and dark hair is sitting on a bed, leaning forward with his head buried in his hand. He is wearing a white t-shirt and blue plaid pajama pants. The background is a plain, light-colored wall. The overall mood is one of exhaustion or distress.

Anemia

Anemia means you don't have enough red blood cells to take oxygen to all the distant outposts of the body. Less oxygen means lower energy and more fatigue, and anemia is among the most common causes of chronic fatigue.

The most common form of anemia occurs when you're low in iron, which, in turn, could be the result of gastric bypass surgery, heavy periods, chronic diseases, or vitamin deficiencies.

A simple test can verify if you have anemia. Treatment depends on what's causing your lack of red blood cells. Any underlying conditions should be addressed first. Otherwise, your doctor may recommend vitamin supplements and/or changes in your diet.

Celiac disease

Celiac is an autoimmune disease that causes the immune system to attack the small intestine when a person eats gluten, a protein found in wheat, rye, and barley.

The small intestine is so disturbed, you're not necessarily getting the nutrients that you need. This can lead not only to fatigue but also anemia, diarrhea, and weight loss. The only treatment is avoiding foods that contain gluten. Naturally gluten-free foods include fruits and vegetables, fish and meat, beans, rice, potatoes, and quinoa.

Sleep apnea

Sleep apnea is more than just trouble getting enough sleep. It's when your airways close and you actually stop breathing repeatedly during the night, which, needless to say, wakes you up pretty quickly. Because of those frequent disruptions, people with sleep apnea walk around exhausted.

It's more common in people who are obese and, like obesity, adds to your risk for high blood pressure, heart disease, and stroke.

The go-to treatment for sleep apnea is a continuous positive airway pressure (CPAP) device, which keeps the airways open while you sleep. CPAP machines work, but many people don't like wearing them and are turning to oral devices now instead. The only actual cure for sleep apnea is losing weight or surgery to remove tissue from your throat.

Chronic fatigue syndrome

The defining symptom of chronic fatigue syndrome (CFS) is, of course, fatigue—but with specific characteristics. It's fatigue that lasts for at least six months, that gets worse with mental or physical exertion, and that doesn't get better no matter how much you rest. It's more common in women in their forties and fifties.

No one is sure what causes CFS, and it's usually diagnosed by ruling out other conditions and taking into account other common symptoms like a sore throat, swollen lymph nodes, muscle aches, and trouble concentrating.

There's no cure for the condition or even a specific treatment. Instead, lifestyle measures like pacing yourself can give you more energy. Some people benefit from medication or cognitive therapy.

Fibromyalgia

Fatigue isn't the most pronounced symptom of fibromyalgia—that's pain—but it's a big one, along with poor-quality sleep and memory and mood problems. The condition is more common in women.

Scientists don't completely understand fibromyalgia but believe it may be caused by changes in the way your brain processes pain signals.

While there's no cure, a variety of medications can help control fibromyalgia symptoms. Exercise, relaxation, and stress-reduction measures may help.

Certain antidepressants may help ease fibromyalgia fatigue, and not just by controlling pain, which is exhausting in and of itself, but through other mechanisms as well.





Chronic pain

Being in constant pain, for any reason, will tire you out.

“It requires energy. Your body is busy coping with the inflammation that’s causing the disease. Dealing with pain can also make it hard to sleep and exercise, adding to the run-down feeling. Certain pain-relieving drugs may also sap you of energy.

Any chronic disease, not just chronic pain, can cause fatigue because it diverts energy away from everyday living.

If you suffer from chronic pain and think it might be contributing to your fatigue, speak with your doctor about options for treating the underlying condition causing the pain while also addressing your exhaustion.

Thyroid problems

Both an underactive and an overactive thyroid can cause fatigue. The more common culprit though is an underactive gland, which doesn’t produce enough thyroid hormone. Having an underactive thyroid, also called hypothyroidism, can also mean weight gain and sore muscles.

With an underactive thyroid, the body compensates up to a point, but if the gland is unable to put out a normal amount of thyroid hormone, the body will slowly lose the ability to create energy, not only for day-to-day activity, but also for the growth and metabolism of cells.

Hypothyroidism is treated with replacement thyroid hormone. Different medications and sometimes surgery can treat an overactive gland, also called hyperthyroidism.

Depression

The stress of everyday life can make you tired. Being depressed or anxious can compound this significantly.

Fatigue due to depression is more than just a lack of energy going about your day; it's also apathy, problems focusing and remembering, and feeling overwhelmed and unmotivated. That can become a vicious cycle, with the depression fueling the fatigue, which fuels the depression.

And some antidepressants may make it worse. If you suffer from depression and fatigue, consider talking to your doctor about antidepressants that don't cause fatigue and alternative treatments like cognitive behavioral therapy.

Multiple sclerosis

The fatigue of multiple sclerosis, a chronic disease that damages the nerves, can have several different causes, some of which would exhaust anybody.

Problems with your bladder may get you up several times a night, as might muscle spasms. Depression, common in MS, can add to fatigue, as can all the energy it can take to do once-simple tasks such as brushing your teeth.

Then there's lassitude, a type of fatigue that only people with MS get.

This so-called "MS fatigue" is more severe, usually happens every day, gets worse with heat and humidity, and can come out of seemingly nowhere.

Talk to your doctor about treatments for MS and treatment for specific symptoms including fatigue. These can range from physical or occupational therapy to medications to staying out of the heat.

Lifestyle habits

Sometimes, chronic exhaustion isn't caused by a separate health condition. It can be caused by a lifestyle habit, which is both good and bad: On the one hand, you don't have to receive treatment for another disorder, but on the other, you'll have to adjust your routine to get better.

"When we'll do a good exam [and] nothing really reveals itself, we're left with talking in-depth about self-care.

A number of habits can cause you to feel tired. On the more obvious side is how much sleep you're getting each night, but there's much, much more to it than that. For starters, your exercise habits can affect how much energy you have, as can your diet and how much screen time you get. If you think a specific part of your routine is the culprit, consider asking your primary care physician how you can adjust to start feeling less tired.





Learn **Olympic Athlete's** formula for success

The 2022 Beijing Olympic Games has brought us an ice and Snow Sports feast. While cheering for the Olympic athletes, people are also eager to start their own sports plans. But there are few people who can stick it out, who plan to do it year after year. If anyone knows what it takes to push through a workout, stay calm under pressure, or fuel up for a long day, it's an Olympic athlete. And what they've learned extends way beyond sports. Their lessons show you how to succeed, no matter what your goals. Here, top athletes—many of whom have already qualified for the London games as of press time—share their go-to moves for everything from toning up to getting some shut-eye the night before four billion people watch them compete. Take their gold-medal advice.

Ensure a good night's sleep

"When I was in Beijing [in 2008], I used a Pilates technique called constructive rest before going to bed. You lie on the floor, knees bent and feet flat. Then you imagine your muscles filling up with water, then [visualize]] all the tension disappearing."—Natalie Coughlin, 29, swimmer; 11-time Olympic medalist

"I read Atlas Shrugged [before bed] sometimes. It puts me to sleep because it's so long and monotonous. You can pass out and then pick it up, and they're having the exact same 70-page conversation!"—Kayla Harrison, 22, judo player; ranked No.1 in the U.S. and No.4 in the world

Tone up all over

"I do a 10-minute ab workout that [boxer] Manny Pacquiao invented—you can find it on YouTube. It's about 20 different versions of crunches, and you do 25 seconds of each nonstop. It's brutal, but it really works!"—Shawn Johnson, 20, gymnast; four-time Olympic medalist

"With sabre fencing, it's important to have a strong core. I do an exercise called 'the dead bug.' You sit on the round side of a Bosu ball, lean back, extend one arm and the opposite leg, then switch."—Mariel Zagunis, 27, fencer; three-time Olympic medalist

"Deep squats work so many muscles in your body. Once a week, I do three sets of six, or eight of the free-bar ones, which can help out your balance and work more muscles than doing them on the machine."—Lolo Jones





Reboot your energy

"Before my afternoon runs, I usually feel a little sluggish. So I'll walk for a minute or two first and get some cold air on my skin. It wakes me up and gets me going."—Kara Goucher, 34, runner; competing in London as a marathoner

Rebound after a setback

"Having a short memory [helps]! We have so many games that if you allow yourself to stay in that [losing] moment, you'll be locked in. I try to think, 'What's my next play?'"—Swin Cash, 32, basketball player; 2004 Olympic medalist

Love the body you've got

"My [hang-up] has always been my butt and my thighs. But I'm more proud of my body since having kids. This is what I look like and I'm comfortable with it. I'm not a perfect shape, but I'm fit and healthy, so I should be proud of it."—Christie Rampone, 37, soccer player; two-time Olympic medalist

"If I have a day when I'm not feeling as toned as I want, I'll wear leggings. But I've embraced the bikini—it empowers me to play better. You have to wear whatever makes you feel comfortable and allows you to push yourself and keep working toward what you want."—Kerri Walsh, 33, beach volleyball player; two-time Olympic medalist



Stay motivated to reach that goal

"When I started swimming again two years ago, it felt like I was starting from scratch. My mind-set was [to tell myself that] every time I swam, it was going to get easier—and it did. When you're working toward a fitness goal, you just need to start. It's not going to be pretty, your body is going to scream at you, but each time you'll get better."— Janet Evans

"I set my phone with motivational quotes to go off on random days and times. Like, 'You're stronger than you think you are.' I'll forget about it, then one will pop up and it'll give me a little boost."—Shawn Johnson

Keep going (when you've hit a wall)

"I love going to the gym and taking aerobics classes and kickboxing. Doing a variety of activities keeps it fresh and helps work other muscles that could potentially help you with your game."— Swin Cash

"That wall is your mind playing tricks on you. You just need to say, 'One more step, I can do this. I have more in me.' You'll be so proud of yourself once you push yourself past your threshold."—Kerri Walsh

Ease aches and pains

"When I'm sore, ice is my best friend. It really works. I take omega-3s every day, which helps with inflammation. And I try to eat things that won't inflame my joints, like fresh fruits and veggies, lean protein, and seafood."— Kerri Walsh



The ‘**Runner**’ and the ‘**Chaser**’ in Intimate Relationships

‘When there is a conflict between us, he/she won’t communicate.’

It is common and quite natural that intimate partners argue with each other from time to time. Sometimes it is best to argue than zero communication. Are you familiar with the situation where one wants to talk it through (‘the chaser ’) while the other goes silent and

walks away (‘the runner ’)? This situation might be more annoying and worse than the arguments at the start.

It is okay to have relationship issues, as long as the couple keep communicating, listening and talking to each other, then there is almost always a way out of the ugly situation and reaching mutual understanding and problem solving.

We need to be mindful of the vicious cycle of 'running' and 'chasing' in communication, in the words, the pattern of demanding and withdrawing. It often creates more problems and hurt each other more.

The chaser might feel that they were talking to a piece of wood. The longer the other person remains silent, the more restless and anxious the chaser becomes. Then they might raise their voice, hoping to be heard and get some response, 'talk to me', 'why aren't you talking?' etc. The fight then has gradually moved from the initial disagreement to blaming the partner and put-downs. However, it is likely that this

'chasing' behaviour and language is driven by the fear of losing their partner.

The runner might not feel great either. They seem to be passive aggressive and get blamed for the communication blockage. However, it is likely that the runner is triggered by the initial argument and the fear of losing the relationship, so they isolate themselves and avoid further conflicts by remaining silent.

It is important to note that whatever responses the couple give, it seems that they stem from the fear of losing the other person and their relationship. Unfortunately though very often what happens in these behaviours of demanding and withdrawing is that one gets angrier and more restless and the other further isolates themselves. The tension continues.



Now the question is how can this pattern of behaviour be changed?

From the perspective of Emotionally Focused Therapy, the couple can start from reflecting on the emotions that they had during the conflict, how they felt and what emotions they experienced at the time. This might help them gain a better and deeper understanding of themselves and each other as well as their responses when facing a conflict between.

This might eventually break the cycle of communication blockage and help the couple reconnect with each other.

Notice what's underpinning the emotions

Sometimes emotions might only be the tip of the iceberg. It is important to look at what's underneath the surface. When the emotions, such as anger, anxiety, depression, have risen up, it's easy that they would take control over you. This means that you are not probably being your usual normal self, which might confuse your partner too. This will also leave you feeling helpless and unheard. It's important to remember to be aware of your own emotions and understand them, specially at time of conflicts, try to ask yourself “why am I angry?”, “what is driving the anger?”, and ‘what am I afraid of?’

Attend and listen

For the ‘chaser’, it might help to understand that the silence of the ‘runner’ might come from their fear of losing the relationship so they remain silent or walk away from the situation to avoid further conflicts. Having this in mind, the ‘chaser’ might avoid challenging the ‘runner’ with questions like ‘why won’t you talk?’, which will decrease the anxiety and stress level the ‘runner’ might be experiencing at the time. Instead, the ‘chaser’ might change their default approach of demanding to attending and being there for the ‘runner’ by giving them time and space while letting them know that you are there to listen when they are ready to talk.



Check out your assumptions

Again for the 'chaser', it is important to remember not to guess or second guess what the other person is thinking or meaning, but to check it out by paraphrasing and asking in a calm and caring manner. It's okay and natural to have your own understanding of what is going on for the other person. However, it might not reflect the reality. Therefore, it is important not to hold onto the assumptions but to check in with the other person and hear what they say.

Problem solve through dialogue

For the 'runner', it's good to sometimes avoid escalating the situation by remaining silent and having a break from it, especially when both partners are emotionally exhausted and tensed up. This, to an extent, will help ease the tension. However, the relationship issue won't resolve itself. In fact, you might lose the relationship by avoiding the issue and not communicating. The best and most effective way is to be honest with each other and talk through the emotions and feelings with the intention to problem solve and reconnect with each other.

There is no such thing as a perfect relationship. We all carry our own baggage from the past into the current relationship, which could lead to the pattern of demanding and withdrawing when facing a relationship issue. Any relationship is a learning journey for both partners. When a conflict arises, take it as a learning opportunity to figure out ourselves and better understand our partner. It is also an opportunity to nourish and grow the relationship.





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