

Health Newsletter

-Generali China GBD



March 2022

The secret to happiness

GCL Epidemic Support Services

Once the Hearing Lose, It Won't Come Back

**Does Sweating
Burn Calories?**

**Love Yourself
under Peer Pressure**

**How you eat after
a workout matters!**

GCL Epidemic Support Services

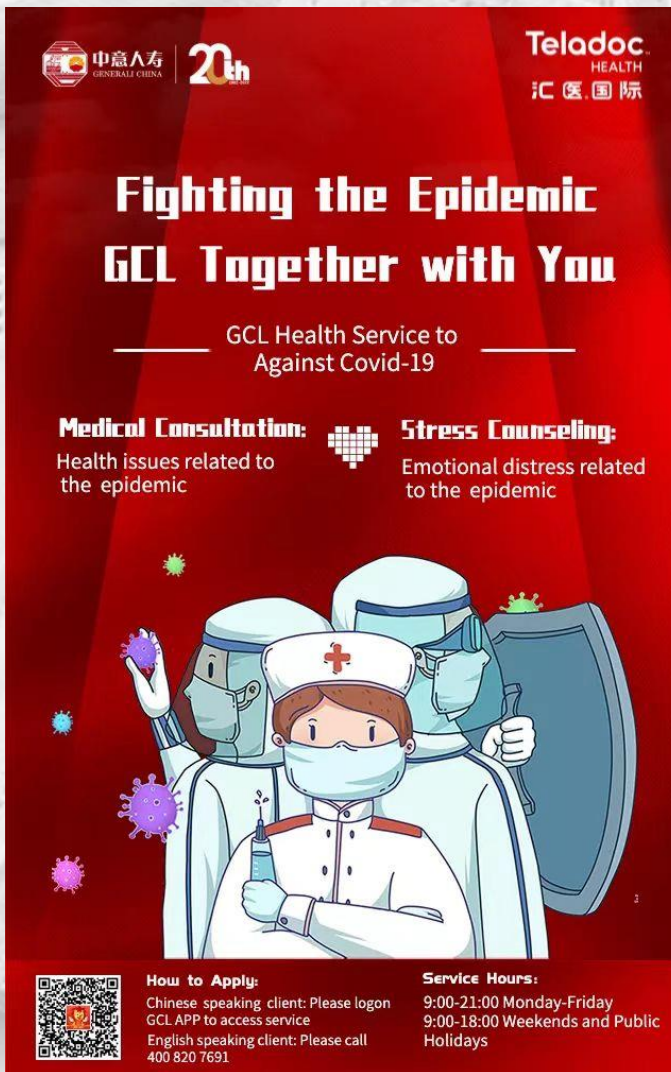
As the epidemic continuing spread, with more people get infected, in the meantime, resulting in more psychological anxiety. To support GCL clients to approach health service resource, we would like to refer below resources for your reference.



1. Medical & Stress counseling

With the epidemic still spreading, many clients and their families have to live in isolation at home, as well as the inconveniences in seeking medical treatment, to give support to our clients, GCL open an epidemic consulting hotline, with any epidemic-related medical and psychological problems, you may get answers from professional doctors and psychological counsellors by video or phone.

See the picture to learn more about the service.



**Fighting the Epidemic
GCL Together with You**

GCL Health Service to
Against Covid-19

Medical Consultation:
Health issues related to
the epidemic

Stress Counseling:
Emotional distress related
to the epidemic

How to Apply:
Chinese speaking client: Please logon
GCL APP to access service
English speaking client: Please call
400 820 7691

Service Hours:
9:00-21:00 Monday-Friday
9:00-18:00 Weekends and Public
Holidays

2. Provide resources of COVID-19 Ag self-test kit

On March 11, 2022, the State Council officially issued the notice on Printing and distributing the application plan of the COVID-19 antigen detection (for trial implementation), proposing that in order to further optimize the COVID-19 detection strategy and serve the needs of epidemic prevention and control, it was decided to add an antigen test to the nucleic acid test. GCL cooperate with suppliers to provide testing box resources for customers in need. Please contact your account manager for consultation. 😊





Once the Hearing Lose

It Won't Come Back

Nearly 50% of people aged 12-35 years – or 1.1 billion young people – are at risk of hearing loss due to prolonged and excessive exposure to loud sounds, including music they listen to through personal audio devices. They must understand that once they lose their hearing, it won't come back.



It's no surprise that we all get a little hard of hearing when we're older. The ear's ability to process sound naturally changes over time. But experts say that today, hearing loss is occurring at younger and younger ages, and they suspect our earphone habits (listening at too-loud volumes for too long) may be to blame.

Loud noise can damage the hair like sensory receptors, a.k.a. hair cells, in your inner ear that transform sound waves into electrical signals and send them on to your brain for interpretation.

So how much sound is too much? Generally, noise that registers at 85 decibels—think heavy city traffic or the cacophony in a crowded restaurant—is enough to harm hair cells after about two hours. But even a few minutes of sound at 100 decibels—the max volume on some smartphones—can do it.

Duration matters as much as volume, both moderately loud noise for a long time (say, the Spotify playlist that gets you through the workday) and loud noise for a short time (hello, spin class) batter the hair cells. And once those cells are damaged, they don't regenerate—meaning you permanently lose some of your ability to hear. You might not notice a difference at first, but over time, the cumulative damage is hard to ignore.

It may involve more than frustrating conversations. Hearing loss can cause cognitive issues later in life, too, because it overtaxes the brain. Research suggests there is a connection between hearing loss and dementia. While there's unfortunately nothing you can do to reverse damage to your hearing, you can take steps to prevent further harm, so you hear better for longer.





Hands off the volume button

As you listen to something, your ears become adapted to it, but resist the urge to turn it up. It's easy to reach risky decibels without realizing it. If you've been tuned in for hours and find yourself wanting to pump up the volume, take a 5- or 10-minute break. "What's happening is that you actually use up the neurotransmitters that the hair cells use to communicate with your auditory nerve. Your body needs time to formulate [more] neurotransmitters and get them into the hair cells.

Upgrade your gear

Do you typically listen to your devices in loud places—like on planes or trains, or in busy cafés? You might be cranking up your music just to hear it over the surrounding din. Consider investing in a pair of noise-canceling headphones or earbuds so you can enjoy your tunes at a lower volume. Also, when using earbuds, wear both of them. Your ears work together to send messages to the brain. If you only have one earbud in, you may be tempted to nudge up the sound.

Set a limit

There's isn't one golden rule for a safe volume level since the intensity of sound produced by smartphones and tablets varies by brand and model. But one thing you can do to reduce the risk of damaging your ears is set a maximum volume on your gadget. Look for this option in the Settings menu, under Music or Sound. Or you can download an app like Volume Control or My Volume.





Check your environment

If you have a Series 4 or newer Apple Watch, it comes with the Noise app, which measures the sound around you and alerts you if it poses a risk to your ears. There are also free apps, like Sound Print and the NIOSH Sound Level Meter, that estimate how loud your location is. If your local wine bar is more than 85 decibels, you might want to ask the manager to lower the music, or find a new happy-hour spot.

Use ear protection

The sound level at concerts can cause hearing damage in just five minutes. It is recommending musicians' earplugs—they take things down by 20 decibels, and you'll actually hear the music more clearly because these earplugs cut out distortion. If you forget your ear protection, check the venue's concessions stand or bar. They often sell earplugs for cheap, or even just give them away. Make ear protection part of your hearing hygiene. You put on a jacket when it's cold; you put in earplugs when it's loud.

Take a quick self-test

"There are free apps that can do a decent job of testing your hearing in the comfort of your own living room. He recommends hear WHO from the World Health Organization, or the Mimi Hearing Test app. If your results indicate any deficit, make an appointment with your primary care doc or an audiologist for a follow-up. We've rounded up price comparisons for many popular hearing aids on the market such as Eargo and MD HearingAid. 😊



Does Sweating Burn Calories?

You're dripping with sweat after a hard-charging workout session—so does all that sweat mean you're burning more calories than usual? It kind of makes sense; perspiring a lot clearly means you're exerting yourself, and that requires extra energy. But does sweating really burn calories? To unpack the science and get answers, we took it to the experts.



What causes sweating

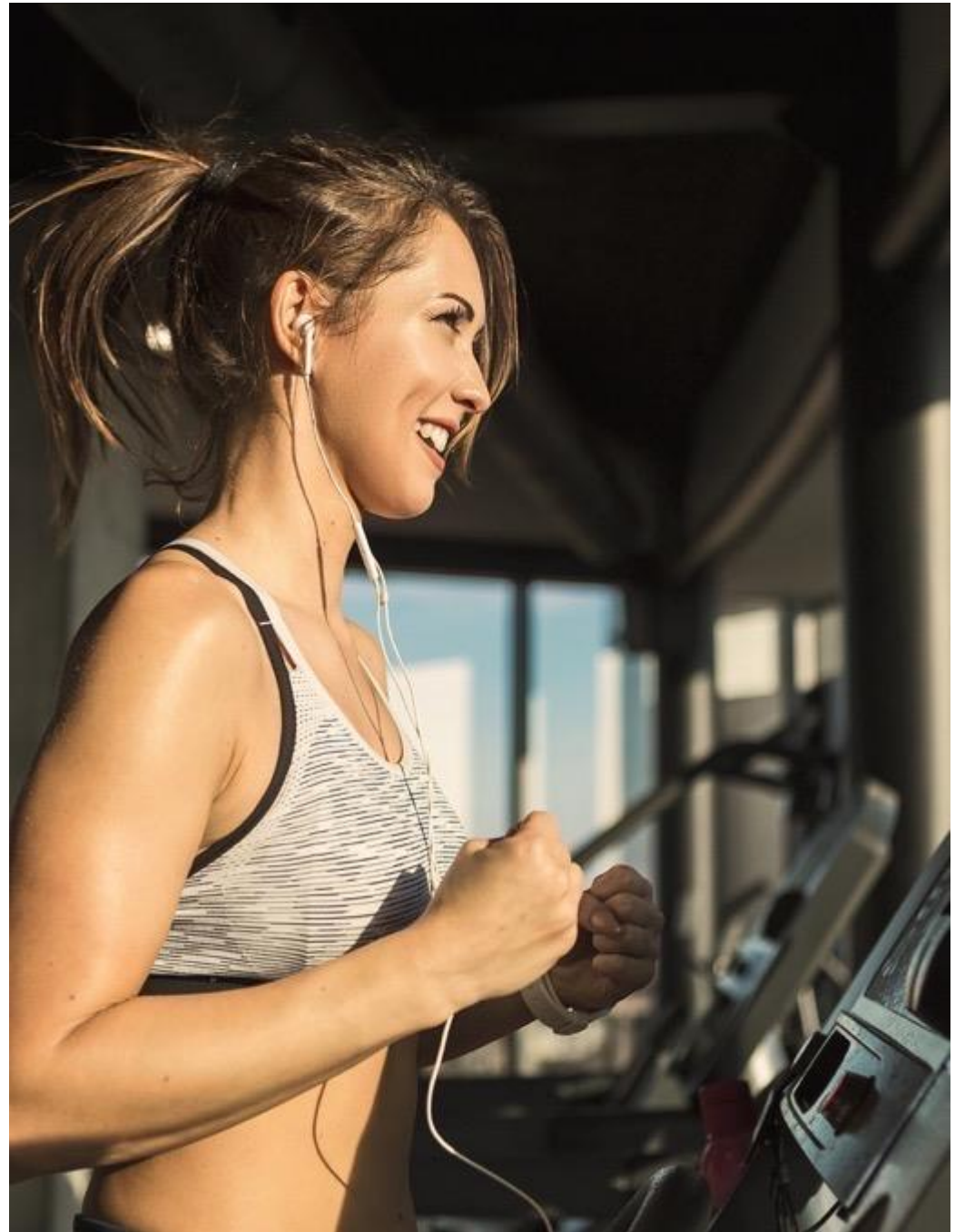
First, let's get into the purpose of perspiring: Your body sweats not to burn calories but to protect you from overheating. "Sweating is the way in which we cool the body during exercise or other heat stress, a professor in the department of physiology at the University of Kentucky College of Medicine. exercise triggers an increase in internal temperature, which ultimately tells your body that it's time to sweat to cool down.

More sweat doesn't mean more calorie burn

Basically, sweating on its own doesn't affect how many calories you burn. True, it does take energy to physically transport the ions that allow for water to move into glands to get secreted as sweat, but not much. In other words, some energy is needed in the process of sweating, but not enough to make a huge difference in the way you feel or what you weigh. Sweat is only an indication that your body has lost water, not body fat.

Physical activity in general burns calories. The more intensely you use large muscle groups, the more calories your body will utilize—and the more heat (and sweat) your body will generate, says Wilson.

This calorie burn is most significant during an aerobic workout versus a weight-training workout. But if you're doing a weight or interval workout and resting in between sets, you might find that you have to towel off less. That doesn't mean you didn't get a good workout, burn calories, or build strength—it just means your body temperature didn't rise as much.





Everyone sweats at different rates

Just because you're sweating so much you could mop the floor while your friend is barely glistening doesn't mean much. There are huge individual variations in the ability to sweat. If you're acclimated to hot weather, you'll likely sweat more initially because your body knows how to efficiently cool itself. Different people start sweating at different temperatures, too.

Bottom line: How much you sweat is an inaccurate way to measure calorie burn. Sweating buckets does not necessarily reflect a great workout. Sweating a lot means your body became very hot from the workout and needs to cool off. Still don't buy it? Here's an experiment: Go out at 2 p.m. in the sun on an unseasonably warm day, and you'll likely sweat more than that same walk in unseasonably cold, dark weather—but you'll burn basically the same amount of calories.

If you really want to know how hard or intense you're working out, monitor your heart rate. That can take some special equipment, like a heart rate monitor, health tracker, or app. If those aren't available to you, then score yourself on the Rate of Perceived Exertion scale. All you do is rate how difficult the workout is on a 1-10 scale. You won't know exact numbers, but you will be able to compare different workouts and get a sense of when you're taking it easier than usual and when you're killing it. 😊

How you eat after a workout matters!

By now, you must have heard that the Chinese women's football team won the Asian Cup, but there are still some things you should learn! For example, your favorite women's football player needs to properly replenish after every intense game, in other words, what is the most meaningful way to eat? If you're an athlete or you're particularly into high-intensity sports, this may be relevant to you.

How important is post-exercise scientific eating?

On average, a football player walks 10-13 kilometers in a game, doing both low- and high-intensity runs (which vary from person to person), which is undoubtedly a huge amount of exercise. So, it's no surprise that they need to have the right diet before and after the game to prepare their bodies and recover properly.

You may not run as much as the average football player (maybe you do!) while you play but eating scientifically after training is just as important for your body to recover. It's also a good and rewarding thing to get nutrition tips from your favorite footballer as the Women's Asian Cup wins.





What to eat after exercise and when to start eating?

First let's review some essential knowledge – did you know that carbohydrates are made of sugar? To be precise, it is glucose, which provides us with energy. The rest of the glucose we don't use up is stored in our body in the form of glycogen and fat. When we exercise, the body begins to deplete these reserves, possibly

breaking down some muscle protein at the same time, providing more energy. Depending on the intensity and duration of exercise, our bodies may also use stored fat for energy. So, it's no surprise that we often feel hungry after a workout -- our bodies want us to replenish these glycogen stores, restoring muscle protein, so that we can recover properly with these replenished substances.

To allow the body to do this, a sports nutritionist may recommend following a 4:1 carbohydrate to protein ratio for eating after exercise. Research shows that this is more likely to boost your glycogen stores than just eating carbs. But we need a scientific way to do this. You can create your own friendly snacks and meals by combining any of the following:

Food Name	Quantity	Carbohydrate	Protein
Graham Crackers (Standard)	1 piece	2.7g	0.35 g
Nonfat plain yogurt	230g	17g	13g
Brown rice	100g	23g	2.6g
Orange	100g	12g	0.9g
Peanut butter	100g	20g	25g
Blueberry	100g	14g	0.7g
Chickpeas	100g	14g	8g
Apple	100g	14g	0.3g
Oat	100g	66g	17g
Banana	100g	23g	1.1g
Almond	100g	22g	21g



Now that we've wrapped up food, let's turn to drinking!

Surprisingly, flavored milk is a convenient option. Because not only does it have the right ratio of carbs to protein, but research shows that it promotes faster recovery in athletes than regular sports drinks. And of course, don't forget to drink plenty of water. Because when you exercise, your body loses a lot of fluids through sweating to remove heat. If you're not sure how much water you really should be drinking, jump on the scale before and after your workout, and it's easy to measure how much water your body loses by comparison. The scientific recommendation is to drink 1.5 liters of fluids for every kilogram you lose during exercise.

A final note: If you're engaging in moderate-to-vigorous exercise that lasts longer, sports drinks can help you stay hydrated. But the most important thing is to remember not to drink too fast, which can increase the burden on the gastrointestinal tract. I hope that through this article, you will be able to take good care of your body while training scientifically and effectively, just like the women's football champions. 😊



The secret to happiness

Making the best of every decade

When life's curveballs leave you stressed and depressed, how do you get back on your game? Easy: Try these age-specific mood lifters.





Your 30s

Eat to beat PMS

Nearly 9 in 10 women suffer at least one PMS symptom each month, and those in their 30s are often hit the hardest. You can avoid irritability by eating more foods containing tryptophan, an amino acid that helps your body make the "happy" hormone serotonin. Turkey, chicken, salmon, and nuts all contain meaningful amounts of tryptophan.

Just say no

Many women are neck-deep in career-building during this decade. The unhappy side effect? Killer work stress. Get off the hamster wheel by avoiding automatic "yes" responses to requests that catch you off guard. If saying "yes" makes sense, fine, but being choosy helps you avoid the powerless feeling that leads to burnout.

Get babied

The 30s are prime time for bringing a little bundle of joy into the world—but pregnant women and new moms often feel depressed and overwhelmed. The good news: Massage seems to help by decreasing stress hormones. A recent study from the University of Miami showed that pregnant women at risk for postpartum depression had a lower incidence if their partners gave them massages twice a week during the pregnancy. Earlier research found that massage can also prevent the milder mood troubles suffered by most new moms. So don't be afraid to ask for it—often.

Your 40s

Act happy

The growing field of positive psychology explores how to lead happier, more fulfilling lives (as opposed to treating psychological disorders). One key finding: We become how we act. Translation? Make a concerted effort to be warm and smiley, and you'll beat back bad moods.

Safeguard sleep

Depression spikes for women in their 40s, sleep trouble linked to hormone swings is a culprit for many of us. It's a vicious cycle: Night sweats and hot flashes keep you up, and the ensuing fatigue hikes depression and stress, which can worsen the night sweats. You can break the pattern by doing a cardio workout—anything you find fun—at least three times a week. Don't give up if you don't get an instant mood boost: The benefits kick in only after you've stuck with it for a while.

Go it alone

About 46 million American women care for an elderly, ill, or disabled family member. Those caregivers' average age? Forty-eight. The job can play havoc with your emotions and mean you're often last on your own list. Rejuvenate with alone time. Wake up a half-hour before everyone else, take time for yourself after everyone leaves for work or school, or spend your lunch hour alone a couple of days a week, author of *The Field Guide to Happiness for Women*.





Beat belly blues

Many women find belly fat increasingly difficult to fight at midlife—and studies show that this kind of fat is linked to depression around the time of menopause. Plus, other research shows that anxiety and depression can in turn double a woman's risk of gaining weight as she ages. Break the cycle by eating more whole grains, low-fat dairy, beans, and vegetables—they fill you up so you're less tempted to drown your sorrows in high-fat, high-calorie foods. And exercise for at least 30 minutes every day.

Help your hormones

Less estrogen may mean a thinner-skinned, dryer vagina, soreness, and painful sex—all of which leave many women unhappy and anxious, according to a recent study from San Francisco State University. Sound familiar? Discuss hormone therapy with your doctor to see if it might bring you relief, as well as whether you're a good candidate.

Bust your rut

Your 50s are a fantastic time to shake things up, especially if you're feeling bored or restless. Get involved with a cause close to your heart, study a subject that intrigues you, or learn a new skill—and don't give up: A recent study published in the *Journal of Happiness Studies* shows that even when a steep learning curve (like when you flub that salsa step in dance class) is stressful in the short-term, hanging in there pays off in greater happiness down the line. 😊

**Your
50s**



Love Yourself **under Peer Pressure**

Ada had always been a hard-working employee. So when she did not get promoted last year, she was quite upset and resentful. She moaned about it to her friends and blamed her boss for her unsuccessful job application as she did not feel supported by the leadership team. Ada was stuck in these thought pattern and feelings for a long time. It did not help her perform better at work, nor did it help her feel better about herself. Ada was unhappy.

One day, it struck her that the feeling of anger and unhappiness was rooted in her fear and lack of self-confidence. She had always felt that she's not good enough, yet at the same time did not know how to deal with this yucky feeling.

When Ada realized what's underpinning her anger and anxiety, she felt much better. She learnt to understand herself better and experience the feeling of 'I'm not good enough', eventually embrace herself as a whole person.

Ada is not the only one feeling this way...

"I'm too fat..."

"I'm not pretty enough..."

"I was too aggressive when speaking at team meeting yesterday."

"Should I try a tougher management style onto my team?"

These might not sound foreign to you. Nowadays women are facing a different level of pressure and expectation from the society and people around. Somehow women can't be too fat, or too skinny, or too gentle, or too assertive. There is some sort of image of women or what women should be, which causes the anxiety where women easily feel of no value if we don't fit in this invisible and imaginary 'perfect' box. In short, women simply can't be who we actually are if we want to hold a place in society.



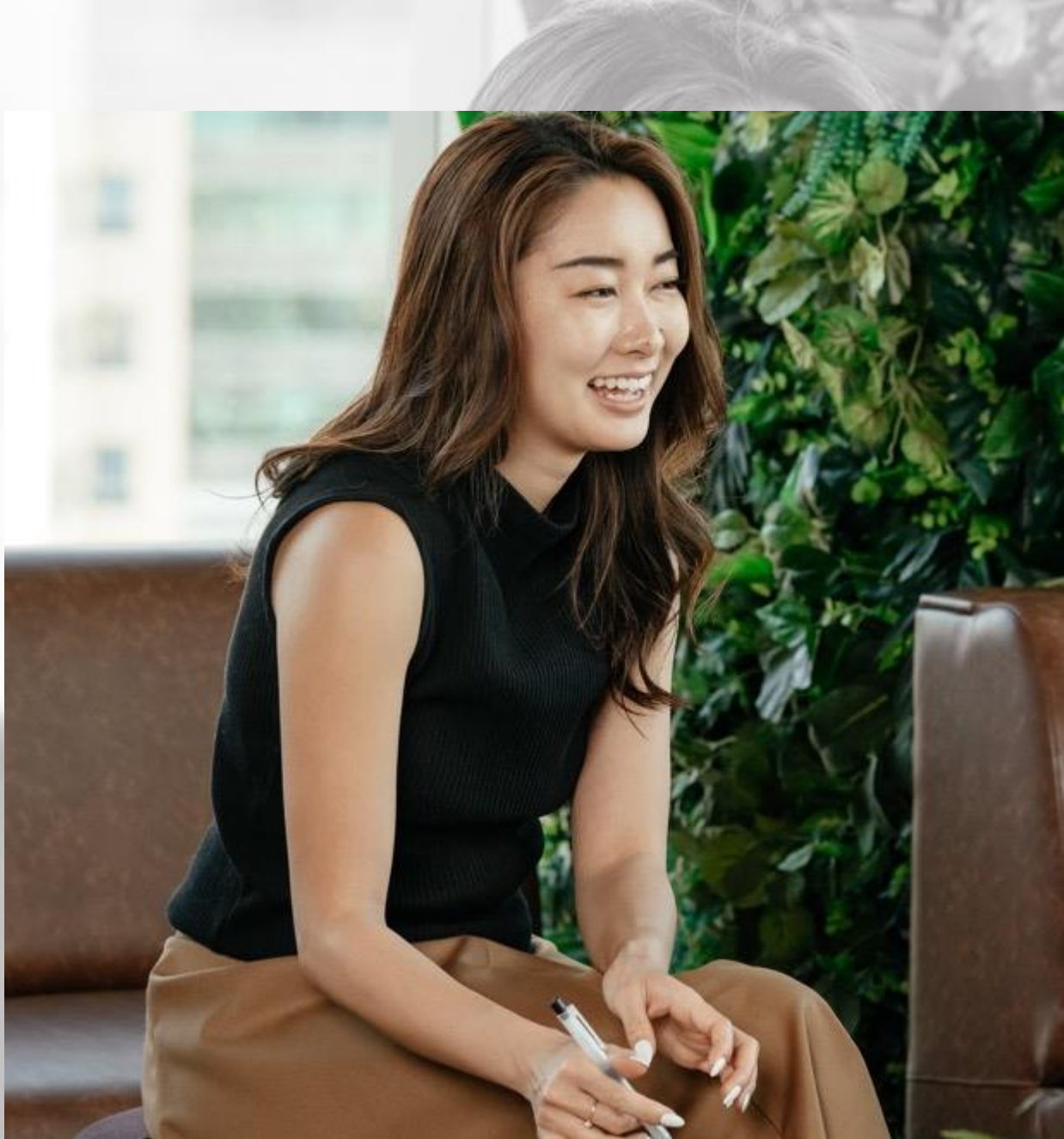


There is also this mindset where we believe that we need to be hard on ourselves and criticise ourselves in order to improve and progress. However, is it true? It seems almost impossible that we expect to feel better or become better when we are constantly criticising and rejecting ourselves, even if we are already good at our jobs and look after our health etc. So a better way to go about it might be to embrace and love yourself as who you truly are.

Some may say that they do love themselves. They spend half of their wages on shopping and body care. Yet this way of self-love does not seem to have long lasting effect.

In our culture and society, we tend to materialize love and see love is to have or give enough possession. We learn this from the way our parents brought us up. They looked after us well by providing food and shelter and clothes. It seems reasonable and valid back in the days when resources were little. The side effect of focusing on physical security is that love and emotional security were overlooked and put aside. Therefore we are almost bound to love ourselves by way of buying and possessing materials in order to feel the void.

It surely has its merit. However love yourself may have a deeper meaning and indication where you understand who you are and embrace who you are.



How to accept your real self

First of all, see yourself as a whole person. When you look at yourself in the mirror or reflect on yourself, stop focusing on just one part or a few parts. Equally when we interact with other people, we are not looked at by others at one part but seen as a whole. People are not going to remember the trivial things about you but rather they remember how they feel when they are with you, the energy and attitude that you bring to the interaction.

Second, give yourself some time to understand and explore who you are and who you want to be, not who others want you to be. This way you are not stuck in a box that is created by others. In other words, you are in control of who you are. Whoever that might be, you are in charge and have the final say.

Third, realize and accept that there are limits in what we can do and achieve. There are always things that we are unable to do. But this does not mean we are not good enough or have no value. We are enough as who we are. 😊



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