Health Newsletter
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Historical Newsletters

Contents

How to Prevent Post-Holiday Blues

The holiday season can be a joyful and relaxing time for many people, but once the festivities wind down, sadness and loneliness can creep in. It's an idea known as the post-holiday blues.

The post-holiday blues refers to the short-term feelings that individuals experience after the holidays, including sadness, loneliness, fatigue, disappointment, sluggishness, mental distress, or even dread of the upcoming winter months.

How to Manage the Post-Holiday Blues

● **Get enough sleep**

It's important to get enough sleep every day, not only to maintain mental health, but also to prevent chronic conditions such as obesity, diabetes, high blood pressure, stroke, and mental distress.

● **Avoid alcohol and drugs**

People who feel sad or anxious may benefit from abstaining from drugs or alcohol, since both substances can make negative emotions feel stronger or harder to manage or interpret.

● **Get in some physical activity**

The stress of the holiday season can lead people astray from their workout routines—but exercising regularly can benefit symptoms of depression or anxiety.

● **Connect with friends or family**

Leaning on your friends and family can help you continue to feel connected and not alone. Close connections could also be useful in helping you navigate what you are going through.

● **Schedule activities in advance**

Planning something ahead of time—big or small—can help you keep some joyful momentum going after the holiday season.

● **Try something new**

If you plan on making plans for future activities, you can stick to something tried-and-true, like eating at your favorite restaurant or scheduling a game night with close friends. But you could also try a new activity on for size—like trying a new recipe at home or taking a dance class that you've been eyeing for a while.

Let's Start

Weight Management
In This Spring

After the Spring Festival, many people will gain the weight because of the disruption of the regular diet and work schedule during the holiday. With the approaching of spring, please get ready, let's start the weight management journey together.

How to make the right choice under a variety of options of new diets, weight loss tools and weight loss medications around us? However, the prerequisite for successful weight loss has always been the nutritionally balanced, total-calorie limitation diet associated with moderate physical activities. For long-term, effective weight management, you need to establish, develop, and maintain a healthy lifestyle and habits.

To achieve long-term, healthy and effective weight management goals, we recommend the following six common weight management strategies:

Prepare well in advance

If you want to achieve long-term weight management or weight loss successfully, you need to spend the appropriate time and efforts. Before you begin, you should first make sure you are ready to make long-term choices and changes to your diet and exercise habits. **Try asking yourself the following questions to help you prepare yourself in advance:**

• Am I motivated to lose weight?
• Am I distracted by other pressures and tasks?
• Am I consuming too much food or calories as a means of reducing stress?
• Do I have other sources of support for weight management? Friends, professionals, network etc.?
• Do I have intrinsic motivation to change my eating habits?
• Do I have the inner motivation to change my exercise habits?
• Can I allocate reasonable time and resources to make these changes?

When you are prepared, you will find it easier to achieve your weight management goals and develop and maintain healthy habits for the long term. If you feel that you have excessive stress or negative emotions that may interfere the effect of your weight management, please consult a professional.

Find your internal motivation and external support

You should be aware that weight management cannot be entirely depended on others or the external circumstances. You must try to change and adhere to healthy eating and exercise habits to achieve weight management goals. Find your inner motivation and start your weight management program afterwards.

Make a list of the things that are important to you and can help you stay motivated and focused. Whether it's attending important social events or maintaining good health. You can try to find a suitable way to remind and motivate yourself, **such as putting posters and signs of weight management, healthy eating and exercise in your bedroom or near your desk.**

In addition to internal motivation, the external supportive resources can also help your weight management program. **You can try to find and select people who will give you feedback, encouragement and support your weight management program.** These people should be able to provide constructive advice and important feedback to your weight management or participate in healthy eating and exercise programs with you and share their feelings and experiences with you.

You can also try to participate in a weight management group and creating a reward mechanism among the group members, which is also an effective way to achieve weight management goals. You may be getting involved in a team and/or finding exercise partners, and seek supportive feedback from others, including professional advice and assistance from nutritionists, fitness coaches, health management professionals, and psychological counselors.

Set reasonable goals

It is also important to set reasonable and realistic weight management goals. From a long-term and health perspective, losing 0.5 to 1 kilogram (1 to 2 pounds) per week is reasonable. In general, to achieve these goals, you need to consume an average of 500 to 1,000 more calories per day by limiting calorie intake and increasing exercise.

For example, to lose 5% of your current body weight, if you weigh 90 kilograms (about 198 pounds), a weight loss goal of 4.5 kilograms (about 10 pounds) as an initial weight loss goal may be a more realistic goal. Even this amount of weight loss can help reduce your risks of chronic diseases, such as cardiovascular disease and type 2 diabetes.

In addition to setting the ultimate goals for weight management, you need to also consider behavioral goals. For example, cycling for 20 minutes a day is a behavioral goal. Behavioral goals are also important, as behavioral change is a key factor in achieving your ultimate goal of weight management.

Make healthier food choices

It is well known that successful weight loss requires adopting a healthy diet choice, including reducing total daily calorie intake**. A key way to reduce your total calorie intake is to eat more plant-based foods,** including fruits, vegetables, and whole grain foods. You should maintain a variety of food intake to ensure balanced nutrition and help achieve weight loss goals:

• **Eat at least four servings of vegetables and three servings of fruit a day.** (One serving of fruit =1 medium fruit or 1/2 cup fresh or canned fruit; 1 serving of vegetables =1 cup raw leafy greens or 1/2 cup chopped raw or cooked vegetables)
• **Replace refined carbohydrates with whole grain carbohydrates**.
• **Choose healthy fats** such as vegetable oils, nuts, avocados, olive oil, salmon, etc.
• **Reduce your sugar intake** as much as possible, including sugary drinks.
• **Choose high-quality protein intake**, including fish, shrimp, poultry and dairy products, and limit the intake of red meat.

Get active!

Regular physical activity and exercise can help you achieve your weight management goals. **In addition to limiting daily calorie intake, exercise can also help the body burn more calories.** Exercise also has many health benefits, including improving mood, strengthening cardiorespiratory function, and reducing the risk of cardiovascular and some cancer. Exercise also helps to maintain weight management in the long term, and those who engage into regular physical activities are more likely to maintain healthy weight.

The amount of calories the body burns depends on the frequency, duration and intensity of the exercise. An effective way to lose fat is to do at least 30 minutes a day or more than 150 minutes a week of moderate aerobic exercise, such as brisk walking or jogging. Some people may need more physical activities to lose weight and keep it. **In addition to physical exercise and cardio, you can also increase other options of exercise that also help burn calories, such as walk or biking to office, taking the stairs instead of the elevator, or parking at the end of the parking lot.**

Change your minds and cultivate habits

If you want to maintain your healthy weight successfully in the long term, You need to cultivate these healthy behaviors and make them to become your lifestyle and habit. You can also use tools to execute weight management, such as regularly weigh yourself, use digital devices or tools to record your daily diet, exercise and track your behavior patterns, may also help.
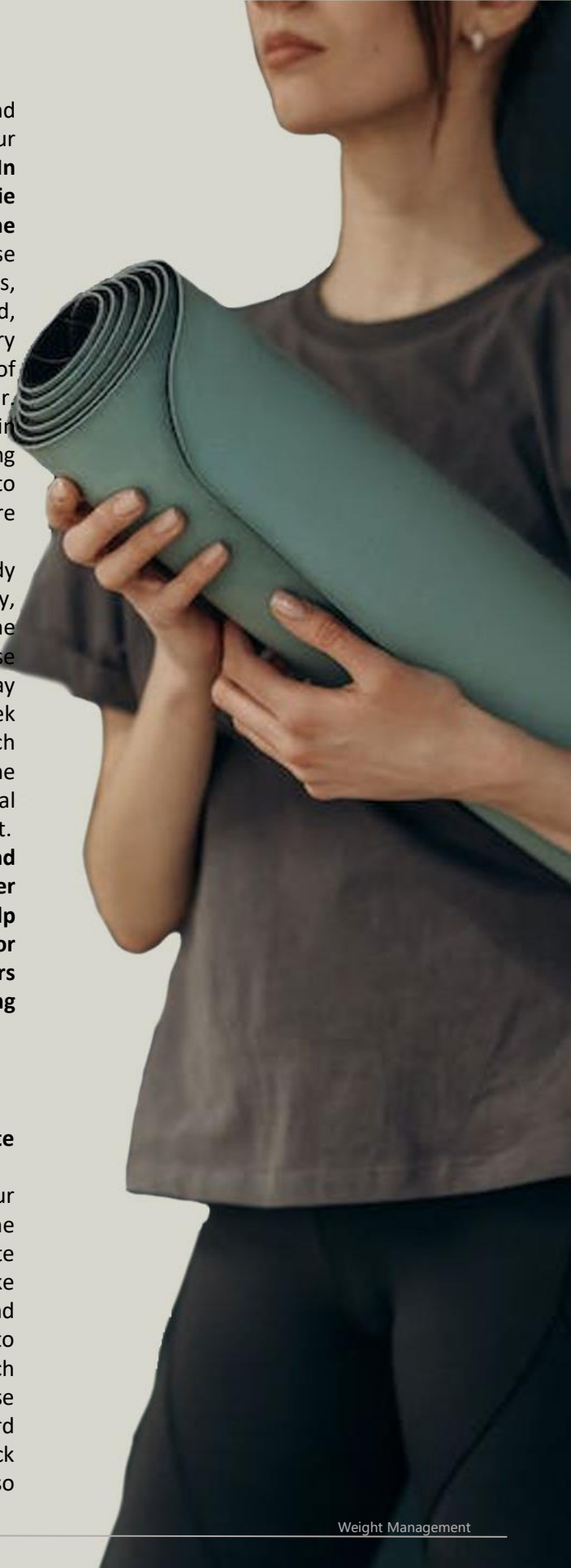
Keep Yourself Smiling:

Oral Hygiene and Health

Having healthy, white teeth not only gives you an attractive and confident smile and enhances your personal image, but also helps to maintain your overall health and avoid or reduce the risks of certain diseases. This February 9 is World Toothache Day. Let's talk about oral hygiene today.

The importance of good oral hygiene?
Oral hygiene means the daily oral medical prevention, care and healthcare. Common oral hygiene and health problems such as tooth decay, periodontal disease and bad breath can be prevented or treated through proper daily care and hygiene of our teeth and gums.

Oral hygiene is also associated with certain diseases of the body. **If there are sources of infection in your mouth, the bacteria can circulated through the blood transferred to other parts of the body, which can lead to health problems such as heart disease and stroke.** Certain diseases, such as diabetes and HIV, can also lower the body's immunity and make oral health problems worse. Keeping your teeth and gums healthy is an important factor in keeping your overall healthy.

What are the benefits of good oral hygiene?
Practicing good oral hygiene has many benefits, including:
• Have healthy and beautiful teeth and gums
• Charming, beautiful smile
• Fresher breath.
• **Reduce the need for certain dental treatments** such as fillings, crowns, bridges, implants or dentures.
• **Reduces the risk of heart disease, stroke, diabetes, etc.**
• **Reduces the risk of oral cancer**.
In addition, preventive oral healthcare is more affordable than reparative or emergency oral treatment and care. Therefore, **good oral hygiene and care can also save you time, worries and be more economical from the long-term aspect.**
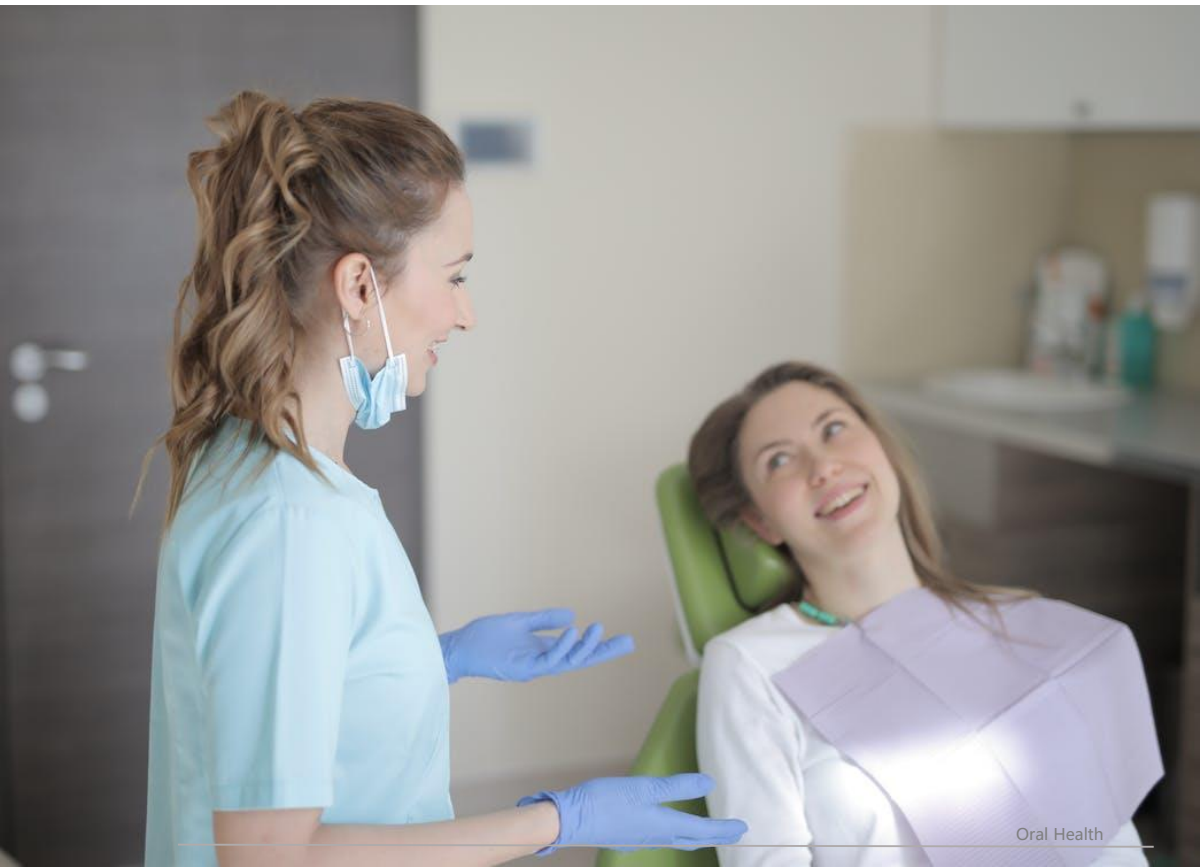
What diseases are related to oral health?

Studies have shown that gingivitis and periodontitis can lead to certain health conditions , including : Cardiovascular disease, Stroke, Endocarditis, Pneumonia.

Pregnancy complications such as preterm birth and low birth weight.

Conversely, certain diseases can also affect human teeth and gums, including: Diabetes, Osteoporosis, AIDS, Alzheimer's disease.

How to maintain and improve oral hygiene?

Good oral hygiene can protect your teeth and gums and keep your smile more attractive and confident. The following oral healthcare suggestions can help you keep good oral hygiene:

Brush teeth at least twice a day. Use fluoride toothpaste and a soft-bristled toothbrush. Medium or hard bristles can damage gums and enamel. When brushing your teeth, hold your toothbrush at a 45-degree angle to your gums. It helps remove plaque and bacteria from the gum line. Be sure to brush all surfaces of your teeth, including the back and sides. Replace your toothbrush every three to four months, or sooner if the bristles are open or worn.

Floss once a day. A toothbrush can't clean the space between your teeth, and to clean these areas, you need to floss. You can choose a piece of floss of an appropriate length and wrap both ends around your middle finger. Use your thumb and index finger to guide the floss between your two teeth. Wrap the floss around one of the teeth in a C shape, then hold it up and down several times to clean the teeth. Next, repeat by wrapping the floss around the other teeth.

Dental irrigator (watery floss), currently popular on the market, can help remove food debris between teeth and remove plaque on teeth. In addition, using water floss can help orthodontics who wear braces to well clean their teeth and maintain oral hygiene. However, if the flusher is not used correctly, there may be some side effects, such as gum irritation, gum bleeding, tooth sensitivity and so on. **It is recommended that you should choose and use a dental irrigator under the guidance of your dentist.**

Use antibacterial mouthwash in need. Antibacterial mouthwash helps prevent the growth of harmful oral bacteria. In addition to removing food debris from your mouth, mouthwash can also reduce the buildup of plaque.

Visit your dentist regularly. Regular oral check-ups and dental cleaning are very important for maintaining good oral hygiene and health. If you are more prone to have cavities, gingivitis, or other oral health problems, you need to see your dentist more often.

Eat healthy and limit sugary foods and drinks, especially carbonated beverages. Carbonated beverages can accelerate loss of calcium in the bones and cause the occurrence of osteoporosis. The sugar and acid in carbonated drinks can also cause tooth decay. Frequent consumption of sugary carbonated drinks has also been linked to an increased risk of obesity, type 2 diabetes and heart disease.

Quit smoking. Smoking is a major cause of gum disease and oral tumors. If you smoke, please quit as soon as possible.

How often should I go to the dentist?

Follow your dentist's advice for regular dental check-ups and cleanings. For example**, clean your teeth every six months to keep your teeth and gums healthy.** You should also see a dentist if you have oral problems such as toothache, bleeding gums, loose teeth, or chronic bad breath. By maintaining good oral hygiene, timely treatment of oral diseases, you will have the more attractive and confident smile, and better health.

Blood Test Results Reading

Blood tests during health checkup are an important part of maintaining health, assessing overall health status, early disease screening, monitoring chronic diseases and monitoring the effects of medication. Today we're going to take a look at those blood tests that go into a health checkup.

Blood Routine
Blood routine is a routine medical examination that mainly detects various components in the blood, including white blood cells, red blood cells, platelets, etc. The following is an introduction for blood routine :

White blood cell count

Normal Value： **4.0-5.5×10^12/L**

White blood cell count refers to the number of white blood cells contained in a unit volume of blood. White blood cells are an important part of the body's defense system.

Low white blood cell count:

- Infection: The total number of white blood cells may decrease with viral infection.
- Drug factors: Certain drugs may cause a decrease in white blood cells.
- Diseases: such as diseases of the blood system and immune system
- When there is a slight decrease in white blood cells, it is not necessary to worry too much, but if the decrease is very significant, it is necessary to find the cause and treat accordingly

High white blood cell count:

Infection or inflammation**: A high white blood cell count is usually due to an infection or inflammatory response.**

- Drug factors
- Bone marrow disease
- Stress or surgery

Red blood cell count

Normal Value： **4.0-10.0×10^9/L**

Red blood cell count refers to the number of red blood cells contained per unit volume of blood. Red blood cells, the most numerous type of cell in the blood. They are mainly responsible for transporting oxygen from the lungs to the rest of the body. Red blood cells also transport carbon dioxide and other waste products from the body.

Low red blood cell count:

- anemia
- Bone marrow problems
- Drug factors

High red blood cell count:

- Relatively high: This is usually caused by a decrease in blood volume, resulting in a relative increase in the volume of red blood cells.
- **High absolute: may be caused by chronic hypoxia, lung disease, etc**

Hemoglobin
Normal Value： **120-160 g/L**
Hemoglobin is a special protein in the human body that transports oxygen and is composed of globin and heme.
High hemoglobin:
- Physiological increase: Newborns and highland residents often show higher hemoglobin levels.
- Pathological elevation: Certain disease states may also cause elevated hemoglobin. Such as polycythemia

Low hemoglobin:
- **anemia: Decreased hemoglobin is often associated with anemia.**
- Other factors

Platelet count
Normal Value： **100-300×10^9/L**

A platelet count is a routine test that measures the number of platelets in the blood.
High platelet count:
- Primary hyperplasia: Common in myeloproliferative diseases
- **Increased reactivity: acute and chronic inflammation,** acute massive bleeding, acute hemolysis, tumors, and splenectomy may also cause thrombocytosis.

Low platelet count:
- **can be caused by bone marrow problems** and other diseases, infections, and hypersplenism

Biochemical Indicators
Biochemical indicators are a more detailed medical examination that mainly detects various biochemical components in the blood**, including liver and kidney function, blood sugar, blood lipids, etc.** The following is an introduction for biochemical indicators :

Liver and Kidney Function
Liver and kidney function is an important part of biochemical indicators, which reflects the metabolic status inside the human body. **The following is an introduction for liver and kidney function indicators:**

Alanine aminotransferase (ALT)
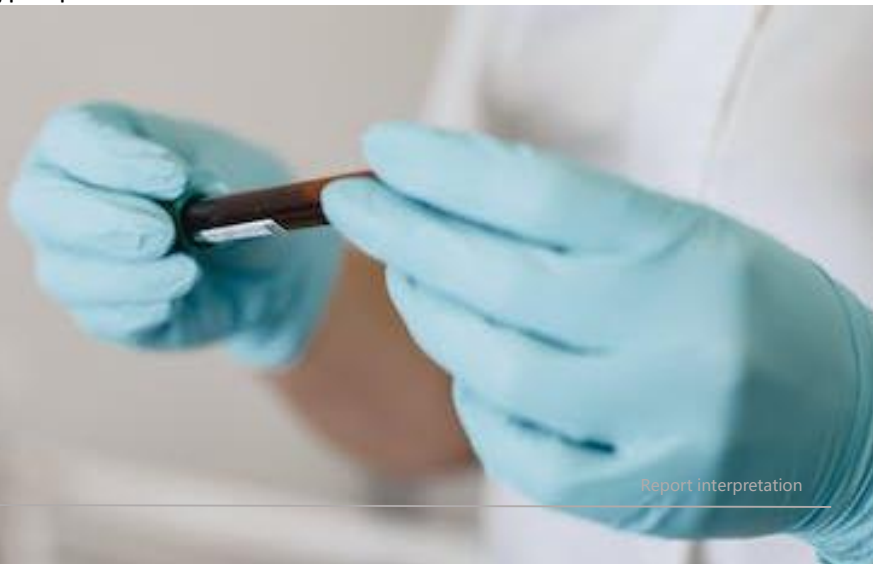**Normal Value**： **0-40 U/L**
Alanine aminotransferase (ALT) is **an important index in liver function test.**
Too high:
- Liver cell damage
- Other factors: strenuous exercise, alcohol consumption, colds, etc., may also cause ALT to rise.

Low:
- Physiological factors: Little clinical significance

Total bilirubin

Normal Value： **5.1-19.0 μmol/L**

Bilirubin is an important pigment in the body, which is closely related to liver function and biliary system.

High Bilirubin Levels:

- Liver Disorders
- Biliary Obstruction

Low Bilirubin Levels:

Relatively Uncommon: The clinical significance of low bilirubin levels is relatively less studied. In most cases, it is not a primary focus of concern.

Blood urea nitrogen

Normal Value： **1.7-8.3 mmol/L**

Urea nitrogen is the final metabolite of protein. The liver breaks down amino acids to produce amino nitrogen, which then synthesizes urea, which is eventually excreted by the kidneys. It is an indicator to evaluate the metabolic function of the kidney.

Too high:

- **Impaired kidney function**
- Dehydration: Dehydration can lead to blood concentration and increased urea nitrogen.
- High-protein diet: Eating too much protein

Low:

- Relatively rare: Low urea nitrogen has relatively little clinical significance and is usually not a primary indicator of concern.

Creatinine

Normal Value： **44-133 μmol/L**

Creatinine is a muscle metabolite that is excreted by the kidneys in urine, so creatinine can reflect kidney function.

Too high:

- **Impaired kidney function**
- Other factors: high-protein diets, strenuous exercise, muscle injuries, etc., can also cause creatinine to rise.

Low:

- Relatively rare: Low creatinine has relatively little clinical significance and is usually not an indicator of primary concern.

Blood Sugar

Blood sugar is a type of sugar in the blood, which is one of the sources of energy in the human body. The following is an introduction for blood sugar:

Fasting blood glucose
Normal Value：**3.9-6.1 mmol/L**
Fasting blood sugar: refers to the blood sugar value measured before breakfast the next day after 8-12 hours of overnight fasting (excluding drinking water).
Clinical significance: Fasting blood glucose reflects the ability of basal insulin secretion, evaluating the effectiveness of drug therapy, and is also an important indicator for the diagnosis of diabetes.

2-hour postprandial blood glucose
Normal Value：**3.9-7.8 mmol/L**
2-hour Postprandial blood sugar: 2-hour postprandial blood sugar is the blood sugar level measured 2 hours after eating (or intake a specified amount of glucose).
Clinical significance: It reflects postprandial blood glucose control and islet beta cell reserve function, and is helpful for early diagnosis and prediction of chronic complications of diabetes.

Total cholesterol
Normal Value：**<5.2 mmol/L**
Triglycerides
Normal Value：**<1.7 mmol/L**
High-density lipoprotein cholesterol
Normal Value：**>1.0 mmol/L**
Low-density lipoprotein cholesterol
Normal Value：**<3.4 mmol/L**

Common **lipid** indexes include **total cholesterol, triglycerides, high density lipoprotein cholesterol and low density lipoprotein cholesterol.** The increase of **total cholesterol** is one of the risk factors of cardiovascular and cerebrovascular diseases. **Triglycerides** > 5.6 mmol/L may lead to pancreatitis. Increased **LDL cholesterol** levels are associated with an increased risk of myocardial infarction and cerebral infarction. **HDL cholesterol** is the "good cholesterol" that is transported to the liver for metabolism

Due to space limitations, this paper only introduces common and important indicators, but other indicators are not meaningless and unimportant. If you find any abnormal indicators during the physical examination, please talk to your doctor in time.

Some Foods That Are High in Cholesterol

If your blood work shows you have high cholesterol levels, there's a good chance your healthcare provider will recommend avoiding certain foods. Limiting certain foods high in dietary cholesterol may help lower your blood cholesterol levels. However, it's more important to work on eating less saturated fat, which is the primary culprit for high levels of LDL cholesterol in the blood.

How to lower cholesterol with diet.
Some foods may be high in dietary cholesterol, but low in saturated fat, making them still appropriate to eat for people with high cholesterol levels. Plus, many foods have no dietary cholesterol.

What Foods Are High in Cholesterol?

Modifying your diet is often recommended if you've been diagnosed with high LDL cholesterol. However, lowering your dietary cholesterol intake isn't as important or effective as lowering your dietary saturated fat intake.

Here are six food groups high in dietary cholesterol. While all of these foods contain moderate to high amounts of dietary cholesterol, some are extremely low in saturated fat and may not need to be avoided, even if you're trying to lower your LDL cholesterol.

High cholesterol foods that can be eaten appropriately

Eggs : One whole egg contains about 1.5 grams (g) of saturated fat.6 For context, that amounts to less than 12% of your daily saturated fat allotment on a 2,000 calorie-per-day diet, even if you're actively trying to lower your LDL cholesterol levels.

Egg yolks also contain important nutrients like choline—which helps regulate mood, memory, and muscle function—as well as vitamin B12 and vitamin D, which naturally occurs in few foods.

Shellfish : Shellfish like shrimp contain very high amounts of dietary cholesterol and minimal saturated fat. Because shrimp is low in saturated fat, you may not need to eliminate it from your diet—even if you're working on lowering your cholesterol levels.

For a healthy heart, you may want to also consume fish rich in anti-inflammatory omega-3s (a type of unsaturated fat), like salmon and sardines.

Foods high in cholesterol that need to be reduced or avoided

Processed Meats : Many processed meats, which includes foods like bacon, sausage, jerky, deli meat, and hot dogs, contain dietary cholesterol and also tend to be rich in saturated fat.

For example, **three ounces of pork sausage can contain nearly nine grams of saturated fat and 60 milligrams (mg) of dietary cholesterol.8 That accounts for about 70% of your saturated fat needs for an entire day** if you're following a 2,000-calorie-per-day diet and working on getting your LDL cholesterol levels down.

Again, when following a diet to lower blood cholesterol, it's more useful to focus on the saturated fat content of processed meats rather than the amount of dietary cholesterol they contain.

The World Health Organization categorizes processed meats as class 1 carcinogens. In other words, there is sufficient evidence to suggest these foods cause cancer if eaten regularly.

Butter : The ketogenic diet may encourage eating more butter, but the high-fat spread isn't helpful if you're looking to lower your LDL cholesterol levels.

In a four-week study comparing the effects of butter, coconut oil, or olive oil consumption on participants' lipid levels, butter significantly raised participants' LDL cholesterol levels when compared with both coconut oil and olive oil.

Unlike plant-based fats like olive oil and nut butters, which contain mostly unsaturated fats, the majority of the fatty acids in traditional butter are saturated fats. **One tablespoon of butter contains 31 grams of dietary cholesterol and seven grams of saturated fat.**

For a heart healthy snack, swap the butter on your toast for ingredients rich in unsaturated fats, like smashed avocado or almond butter.

Red Meat : Higher intakes of red meat, which includes beef, pork, and lamb, are associated with a greater risk of elevated LDL cholesterol and cardiovascular disease. In a large study**, researchers found men who ate the highest amounts of red meat had a 58% greater risk of having elevated LDL cholesterol levels compared to men who ate the lowest amounts of red meat.**

Food you can safely eat

Unsaturated Fats : Foods rich in unsaturated fats do not increase LDL cholesterol levels in the blood. Unsaturated fats are the primary fats found in heart healthy foods like olive oil, avocados, nuts, seeds, and fatty fish such as salmon and sardines.

Foods With No Cholesterol : Foods that come from plants are entirely free from dietary cholesterol. Examples of these foods include: Fruits, Vegetable, Whole grains like oats, brown rice, and quinoa, Plant-based solid fats such as nuts, seeds, avocado, and olives, Plant-based liquid fats such as olive oil, sunflower seed oil, and avocado oil, In addition to being free from dietary cholesterol, plant-based foods contain fiber. **Eating more soluble fiber helps lower LDL cholesterol levels in the blood.**

How much your blood cholesterol levels change as a result of your dietary cholesterol and saturated fat intake is highly individual. For example, some people experience no effects when eating eggs daily while others may notice a spike in their LDL cholesterol levels.

Work with a healthcare provider, or specialists like a cardiologist and registered dietitian, to determine the best approach for you.

Find Your Own Strengths For A Better Career Planning

American management consultant Peter Drucker said that many people spend their whole life trying to improve their weaknesses. However the amount of effort it takes to get to average from scratch is greater than becoming excellent from great. One can only perform from and build on their strengths to achieve excellency. Having a good understanding of our own strengths is the key foundation of a good career planning. In this article, we are going to explore ways to identify our strengths and set career goals and directions.

Personal strengths

First of all, let's take a look at what makes up our strengths. There are three main parts and we are going to use the Iceberg Model to help us understand them.

COMPETENCY MODEL
FOR CAREER AND JOB

EASIER TO CHANGE — KNOWLEDGE

HARDER TO CHANGE — SKILLS

VERY HARDER TO CHANGE — COMPETENCY

Knowledge: Knowledge is the tip of an iceberg. It is easily visible. We gain knowledge through education and self-learning such as reading books, and also through further professional development undertaking work-related courses in order to build up our knowledge base and expertise.

Skills: The next layer of the iceberg is skills which are communication skills, analysis skills, leadership skills, adaptivity etc. These skills are highly valued by most employers because they are all very essential and can be applied in different work environments and different roles. **These general skills can be obtained through purposeful practice.**

Natural Characteristic: Natural characteristic lies underneath the iceberg. It indicates honesty, justice, curiosity, kindness, discipline etc. These core characteristics influence our motivation and pursuits for life. **It helps improve their level of happiness when people know their virtue and strengths and grow and use them in life.**

Identify and assess your own strengths

As stated above, knowledge and skills can be obtained through learning and practices. But natural characteristics play a more influencing role in our career development. Here we are going to talk about assessing and identifying your strengths.

Self-assessment

Take some time to reflect on your past experiences in life, work and education, and ask yourself these questions:

- what were the things that you enjoyed doing and achieved easily?
- Did you find it natural to do those things or did you need to push yourself a little bit?
- Would you like to continue doing similar things out of own choice in the future?

If your answers are yes, you may want to take note when doing these things again. Note down the emotions associated with your doing and identify what the values are.

Find Your Strength

This is to gain a understanding of what satisfies you. For example, you feel that you've helped someone, you solved a problem by utilising your knowledge, you stood up for justice and fairness etc. Noting down these can help you locate your signature strengths.

Seek feedback from others

Ask your family, friends, colleagues and managers for their feedback. The more perspectives, the better understanding of yourself you'll get. This will help you gain insights into your personal strengths and characteristics.

SWOT analysis

It stands for:

Strengths: what have helped you achieve success in your passed career?

Weakness: what have stopped you from achieving your goals?

Opportunities: is there and opportunities lies in your career that you can achieve in certain effort?

Threats : is there any threats or obstacles which will stop you from achieving the opportunities?

These four elements can help you assess and understand your strengths and weaknesses in different environments and catch opportunities and identify potential threats.

Apply your strengths in career planning

**Set your career goals based on your strengths:** start from your natural strengths to decide what you really desire, and try to align your interests and nature with long term career goals. You may need to avoid being influenced by external and short-term factors.

Undertake a course to learn required knowledge and skills: once you've set your long term goals, you can start taking courses or trainings that will help you develop the knowledge and skills to achieve your goals.

Look for opportunities: being proactive and catching opportunities where you can perform from your strengths and interests. This can help you gain experiences and decide what fields are more suitable for you to reach your full potentials. It will also help you see what needs to be improved.

Build a relationship network: meeting the people who are currently working in the fields that you are interested in. Build a relationship with them and get their opinions on the fields, potentially have supports in future career opportunities.

Stay open-minded and flexible: in our career journey, it is important to keep an open mind and adjust to the ever-changing environment. When we can change with the environment, we are in a better position to thrive in our career.

Find Your Strength
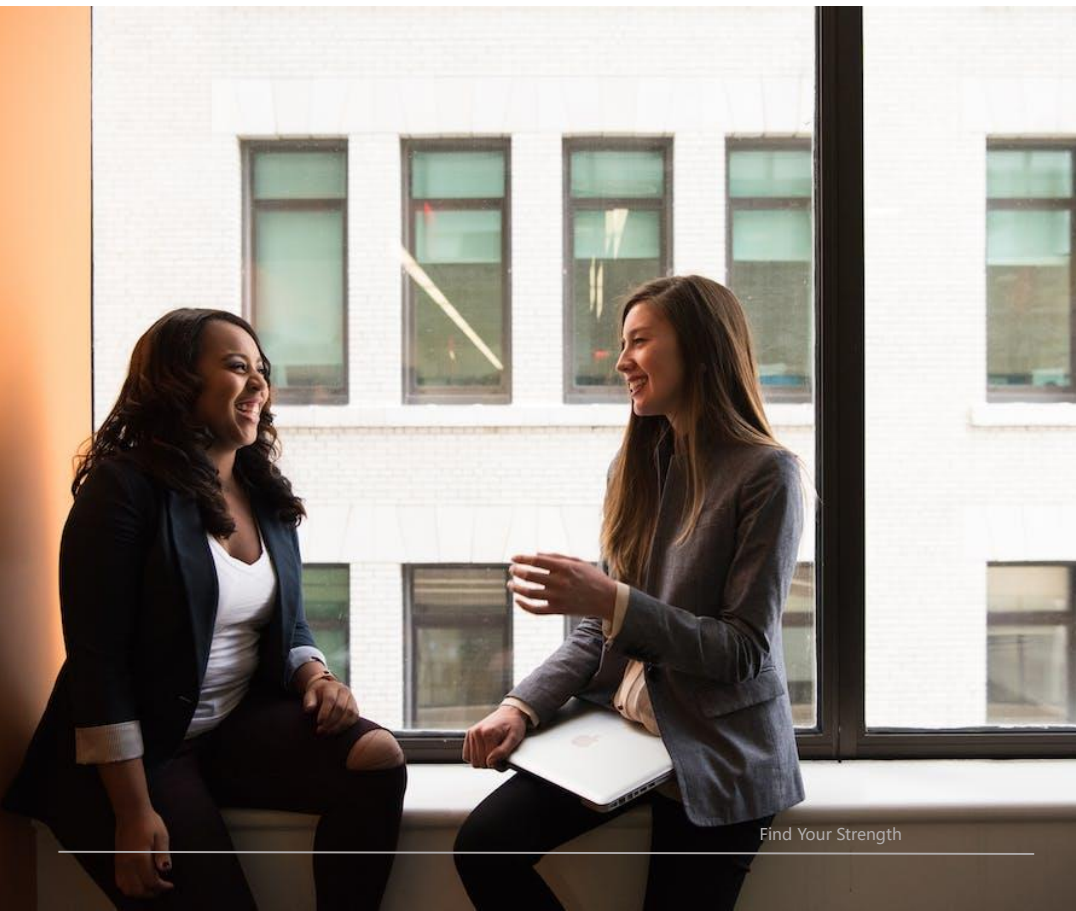
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