

Practising Gratitude and Giving Back: Discovering the benefits of gratitude and giving back for mental wellbeing


Available in ENG, JP, VN, YUE, ZHS

By acknowledging the positive aspects of life and giving back to others, employees can foster a sense of fulfilment, strengthen social connections, and promote overall wellbeing. The campaign emphasises the transformative power of these practices, offering actionable insights to integrate them into daily life.

How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 4 November 2024


ENG

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<p>👉 Did you know that practising gratitude can significantly improve your mental wellbeing? Research shows that regularly acknowledging the good in your life can boost emotional resilience, lower stress levels, and even enhance your overall happiness.</p> <p>Strengthen your ability to see the good with tips from our wellbeing benefit, Intellect. Over time, these simple habits can enhance your emotional resilience and help you stay grounded even in tough times.</p> <p>If you're curious about how gratitude can benefit you, book a session with an Intellect coach and start exploring new ways to cultivate gratitude in your daily life.</p> <p>If you haven't already, visit Intellect Web (please hyperlink here) on your desktop. Sign up with your work email address and use the code [CODE]/continue with SSO (delete the non-applicable one) to create an account or log in to start booking a session.</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p>  <p>The image is a vertical graphic with a light pink background. At the top is the Intellect logo. Below it is the title 'Train Your Brain to See More Positives'. There are four numbered tips, each with a small illustration: 1. 'Practice Gratitude Daily' with a person holding a speech bubble; 2. 'Reframe Negative Thoughts' with a person looking thoughtful; 3. 'Celebrate Small Wins' with a person holding a trophy; 4. 'Surround Yourself with Positive Influences' with two people on a couch. At the bottom is the URL 'app.intellect.co'.</p>

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JP

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<p>👉 感謝の気持ちを習慣化することで、精神的なウェルビーイングが大幅に向上することをご存知ですか？ 研究によると、定期的にポジティブなことを意識することは、レジリエンス(感情的な回復力)を高め、ストレスレベルを下げ、幸福感を高めることができるそうです。</p> <p>Intellectが提供しているヒントから、ポジティブシンキング力を強化しましょう。ポジティブなことに気づく力を磨く習慣を続けることで、回復力を高め、つらいときでも地に足をつけて乗り越えることができるでしょう。</p> <p>感謝の気持ちが自分にどのようなメリットをもたらすのか気になる方は、Intellectのコーチとのセッションを予約し、日常生活の中で感謝の気持ちを育む方法を探ってみてはいかがでしょうか。</p> <p>まだの方は、デスクトップの Intellect Web (please hyperlink here) にアクセスし、勤務先のEメールアドレスでサインアップし、コード[CODE]/ continue with SSO (delete the non-applicable one) を使用してアカウントを作成、またはログインしてください。</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p>  <p>※ intellect</p> <h2>脳を鍛えよう: ポジティブ・シンキング</h2> <ol style="list-style-type: none">1 日々感謝を実践する 1日の始まり、または終わりに、感謝していることをIntellectアプリに3つ書き出しましょう。小さな達成や支えてくれる同僚、あるいは美味しいコーヒーでも良いのです。2 ネガティブな思考をリフレーミングする 失敗に直面したら、「これから学べるポジティブなことは何か？」と問いましょう。うまくいかなかったことにとらわれるのではなく、成長するチャンスに意識を向けます。3 小さな勝利を祝う 仕事をやり終えたこと、良い評価を受けたこと、同僚を助けたことなど仕事での小さな成果を認め、祝いましょう。4 ポジティブな影響に囲まれる 互いに応援し、高め合う同僚と関わったり、会議中にポジティブな話や成果を共有しましょう。 <p>app.intellect.co</p>

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VN

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<p>👉 Bạn có biết rằng thực hành lòng biết ơn có thể cải thiện đáng kể sức khỏe tâm thần của bạn không? Nghiên cứu cho thấy việc thường xuyên nhận ra những điều tốt đẹp trong cuộc sống có thể tăng cường khả năng phục hồi cảm xúc, giảm mức độ căng thẳng, và thậm chí nâng cao hạnh phúc tổng thể của bạn.</p> <p>Hãy củng cố khả năng nhìn nhận những điều tích cực với các gợi ý từ Intellect - chương trình phúc lợi sức khỏe của chúng ta. Theo thời gian, những thói quen đơn giản này có thể tăng cường khả năng phục hồi cảm xúc và giúp bạn giữ vững tinh thần ngay cả trong những thời điểm khó khăn.</p> <p>Nếu bạn tò mò về lợi ích của lòng biết ơn, hãy đặt một buổi gặp với nhà khai vấn của Intellect để khám phá những cách mới nhằm nuôi dưỡng lòng biết ơn trong cuộc sống hàng ngày.</p> <p>Nếu bạn chưa đăng ký, hãy truy cập trang web của Intellect (please hyperlink here) trên máy tính của bạn. Đăng ký bằng email công việc và sử dụng mã [CODE] / tiếp tục với SSO (delete the non-applicable one) để tạo tài khoản hoặc đăng nhập và bắt đầu đặt lịch buổi huấn luyện.</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p> 

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YUE

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<p>☞ 你知道練習感恩可以顯著改善你的心理健康嗎？研究顯示，定期承認生活中的美好事物可以增強情緒韌性、降低壓力水平，甚至提升整體幸福感。</p> <p>透過 Intellect 這個福利增強你看見美好的能力。隨著時間的推移，這些簡單的習慣可以增強你的情緒韌性，幫助你在艱難時期保持穩定。</p> <p>如果你對感恩如何惠及你感到好奇，可以預約與 Intellect 教練的會談，開始探索在日常生活中培養感恩的新方法。</p> <p>如果您還沒有在電腦桌面上登錄 Intellect Web (please hyperlink here)，使用您的工作電子郵件地址註冊，並使用代碼 [CODE] 或繼續使用 SSO (delete the non-applicable one) 來註冊帳戶或登入以開始預約會談。</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p>  <p>The infographic features the Intellect logo at the top, followed by the title '訓練你的大腦 去看見更多正面事物'. It contains four numbered sections with illustrations: 1. '每天練習感恩' (Practice gratitude daily) with an illustration of a person holding a glowing orb; 2. '重新框架負面想法' (Reframe negative thoughts) with an illustration of a person sitting on a couch; 3. '慶祝小小的勝利' (Celebrate small wins) with an illustration of a bar chart; 4. '讓自己被正面的影響包圍' (Surround yourself with positive influences) with an illustration of two people playing instruments. The URL 'app.intellect.co' is at the bottom.</p>

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<p>👉 您知道练习感恩可以显著改善您的心理健康吗？研究表明，经常认可生活中的美好事务可以增强情绪韧性、降低压力水平，甚至提升整体幸福感。</p> <p>通过我们的身体健康福利伙伴 Intellect 提供的各种小提示，您可以增强自己看到美好事物的能力。随着时间的推移，这些简单的习惯可以增强您的情绪韧性，帮助您在困难时期保持稳定。</p> <p>如果您想知道从感恩中受益，可与 Intellect 教练预约一次对谈，开始探索在日常生活中培养感恩的新方法。</p> <p>如果您还没有开始使用，请在电脑桌面上登陆 Intellect Web (please hyperlink here)。使用您的工作email注册，并使用代码 [CODE]/或继续使用 SSO (delete the non-applicable one) 创建帐户或登录来开始预约对谈。</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p>  <p>The image is a promotional graphic for the Intellect app. It features the Intellect logo at the top, followed by the title '训练你的大脑 来看见更多积极事物'. Below the title are four numbered tips, each with an illustration: 1. '每日练习感恩' (Daily gratitude practice) with an illustration of a person holding a glowing orb; 2. '重塑负面想法' (Reshape negative thoughts) with an illustration of a person sitting on a couch; 3. '庆祝小小的胜利' (Celebrate small wins) with an illustration of a person holding a trophy; 4. '让自己被正面影响所包围' (Surround yourself with positive influences) with an illustration of two people talking. At the bottom, there is a pink button with the text 'app.intellect.co'.</p>