

# Holiday Season


Available in ENG, JP, VN, YUE, ZHS

The season can stir feelings of isolation, stress, or sadness for many, even during a time traditionally associated with joy. The goal is to encourage employees to explore ways to navigate holiday stress, loneliness, or other emotional challenges.

**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:** 23 December 2024


ENG

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<p>🌲 The holiday season is often seen as a time of joy, but it can also bring feelings of loneliness or sadness for many, often referred to as the "holiday blues."</p> <p>Check out this guide to manage your mental wellbeing during the holidays from our wellbeing benefit, Intellect. Remember, it's okay to feel a mix of emotions during this time.</p> <p>For personalised support and guidance, book a session with an Intellect coach. A coach can help explore these feelings and develop strategies to enhance your mental resilience during the holiday season and beyond.</p> <p>If you haven't already, visit <a href="#">Intellect Web</a> (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 or PDF version. Once this has opened up in a new tab on your browser, <b>right click the image</b> then select "Save image as" to save the image or <b>click on the download button</b> to download the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>  <p>The image is a vertical graphic for the Intellect app. At the top, it features the Intellect logo and the title "Tis' the Season To Be Stress Free: Navigating the holiday season with ease". Below the title, there are four sections, each with a checklist of tips and an illustration:</p> <ul style="list-style-type: none"><li><b>Eat, sleep, and move well</b> (red background):<ul style="list-style-type: none"><li><input type="checkbox"/> Nourish your body with nutritious food and sufficient water</li><li><input type="checkbox"/> Have a consistent sleep schedule</li><li><input type="checkbox"/> Prioritise physical activity as part of your day</li></ul>Illustration: A person in a yellow jacket riding a bicycle.</li><li><b>Know and set your boundaries</b> (green background):<ul style="list-style-type: none"><li><input type="checkbox"/> Identify what your stressors are around the holiday season (such as social pressure, financial strain, rushing to get work done, etc.)</li><li><input type="checkbox"/> Communicate your boundaries clearly. It's okay to say no to things you're unable to take on</li></ul>Illustration: Two people sitting on a yellow sofa.</li><li><b>Build your support system</b> (red background):<ul style="list-style-type: none"><li><input type="checkbox"/> Know who you can turn to when you need support; it could be friends, family, line managers, or even a coach or counsellor</li></ul>Illustration: Two people sitting on the floor with a dog.</li><li><b>Prepare for transitions into and out of the holiday season</b> (green background):<ul style="list-style-type: none"><li><input type="checkbox"/> Talk to a coach or counsellor to help you create a toolbox of healthy coping mechanisms</li></ul></li></ul> <p>app.intellect.co</p>

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JP

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<p>🌲 クリスマスや年末年始は楽しい時期として捉えられることが多いですが、「ホリデー・ブルース」という表現があるように、孤独感や悲しみをもたらす季節でもあります。</p> <p>この時期は様々な感情が入り混じっていても大丈夫です。上手く向き合うために、私たちIntellectが提供する年末年始の心のウェルビーイングの管理ガイドを参考にしてください。</p> <p>自分に合う個別サポートをご希望の方は、ぜひこの機会にコーチとのセッションをご予約ください。コーチはあなたの感情を深掘り、この時期と新しい年に向けてレジリエンス(回復力)を高めるためにサポートしてくれるでしょう。</p> <p>まだの方は、デスクトップの <a href="#">Intellect Web</a> (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 or PDF version. Once this has opened up in a new tab on your browser, <b>right click the image</b> then select <b>"Save image as"</b> to save the image or <b>click on the download button</b> to download the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>  <p>The image is a vertical graphic for the Intellect app. At the top, it features the Intellect logo and the title 'ストレスフリーの季節：年末年始を快適に過ごそう' (Stress-free season: Enjoy the year-end and New Year holidays comfortably). Below this, there are four sections, each with a title and a checklist of items:</p> <ul style="list-style-type: none"><li><b>よく食べ、よく眠り、よく動く</b> (Eat well, sleep well, move well). Checklist: <input type="checkbox"/> 栄養価の高い食事と十分な水分で体を養う (Nourish the body with high-nutrient food and sufficient water); <input type="checkbox"/> 一貫した睡眠スケジュールを維持する (Maintain a consistent sleep schedule); <input type="checkbox"/> 1日の中で、運動を進んで行う (Engage in exercise during the day).</li><li><b>自分の境界線を知り、引く</b> (Know and set your boundaries). Checklist: <input type="checkbox"/> この時期、自分のストレス要因となるものを特定する (社会的なプレッシャー、経済的負担、仕事の締切に対する焦りなど) (Identify your stress factors during this time (social pressure, economic burden, anxiety about work deadlines, etc.)); <input type="checkbox"/> 自分の心の境界線を明確に伝える (引き受けられないことは断っても良いのです) (Clearly communicate your mental boundaries (it's okay to say no to things you can't handle)).</li><li><b>サポートシステムを構築する</b> (Build your support system). Checklist: <input type="checkbox"/> 友人、家族、マネージャー、あるいはコーチやカウンセラーなど、サポートが必要ときに頼れる人を知っておく (Know people you can rely on for support, such as friends, family, managers, or coaches/counselors).</li><li><b>年末、そして新しい年へ向けた準備</b> (Preparation for the year-end and the new year). Checklist: <input type="checkbox"/> コーチやカウンセラーに相談し、健全な対処法やツールを学ぶ (Consult with a coach or counselor to learn healthy coping strategies and tools).</li></ul> <p>At the bottom of the graphic, the URL 'app.intellect.co' is displayed.</p>

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VN

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<p>🌲 Mùa lễ hội thường được xem là thời gian của niềm vui, nhưng nó cũng có thể mang lại cảm giác cô đơn hoặc buồn bã cho nhiều người, thường được gọi là "nỗi buồn ngày lễ."</p> <p>Hãy tham khảo hướng dẫn này để quản lý sức khỏe tâm thần của bạn trong mùa lễ hội từ Intellect - chương trình chăm sóc sức khỏe tâm thần của chúng ta. Hãy nhớ rằng, việc có những cảm xúc pha trộn trong thời gian này là hoàn toàn bình thường.</p> <p>Để nhận sự hỗ trợ và hướng dẫn cá nhân hóa, bạn có thể đặt lịch với một nhà khai vấn của Intellect. Nhà khai vấn sẽ giúp bạn khám phá những cảm xúc này và phát triển các chiến lược để nâng cao khả năng phục hồi tinh thần trong suốt mùa lễ hội và cả thời gian sau đó.</p> <p>Nếu bạn chưa làm điều này, hãy truy cập <a href="#">trang web của Intellect</a> (please hyperlink here) trên máy tính để bàn. Đăng ký bằng địa chỉ email công việc của bạn và sử dụng mã [CODE]/ tiếp tục với SSO (delete the non-applicable one) để tạo tài khoản hoặc đăng nhập để bắt đầu đặt lịch phiên khai vấn.</p>	<p>Select either the PNG or PDF version. Once this has opened up in a new tab on your browser, <b>right click the image</b> then select <b>"Save image as"</b> to save the image or <b>click on the download button</b> to download the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>  <p>The graphic is a vertical poster with a white background. At the top, it features the Intellect logo (a blue asterisk-like symbol) and the text 'intellect'. Below this, the main heading reads 'Mùa lễ hội đến rồi, hãy thư giãn: Dễ dàng đi qua mùa lễ hội'. The poster is divided into four colored sections: 1. Red section: 'Ăn uống, ngủ nghỉ và vận động hợp lý' with three checklist items: 'Nuôi dưỡng cơ thể của bạn cùng với thức ăn giàu dinh dưỡng và nước uống đầy đủ', 'Có một lịch ngủ nghỉ cố định', and 'Ưu tiên các hoạt động thể chất như một phần thiết yếu trong ngày của bạn'. An illustration of a person on a bicycle is on the right. 2. Green section: 'Nhận biết và thiết lập những ranh giới' with two checklist items: 'Xác định những tác nhân căng thẳng quanh bạn mùa lễ hội (ví dụ: áp lực xã hội, khó khăn tài chính, sự vội vã hoàn thành công việc, v.v.)' and 'Giao tiếp về những ranh giới của bạn một cách rõ ràng. Bạn có thể nói không với những thứ bạn không thể thực hiện'. An illustration of two people sitting on a sofa is on the right. 3. Red section: 'Xây dựng hệ thống hỗ trợ' with one checklist item: 'Biết ai là người bạn có thể tìm kiếm khi bạn cần hỗ trợ; đó có thể là bạn bè, gia đình, quản lý trực tiếp hoặc thậm chí là một nhà khai vấn hay một nhà tham vấn'. An illustration of two people sitting on the floor with a dog is on the right. 4. Green section: 'Chuẩn bị cho sự chuyển dịch vào trong và ra ngoài trong mùa lễ hội' with one checklist item: 'Nói chuyện với một nhà khai vấn hoặc nhà tham vấn để giúp bạn tạo ra một hộp công cụ bao gồm những cơ chế ứng phó lành mạnh'. At the bottom, the URL 'app.intellect.co' is displayed.</p>

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YUE

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<p>🌲 假期季節通常被視為喜悅的時刻，但對許多人來說，它也可能帶來孤獨或悲傷的感受，這常被稱為「假期藍調」。</p> <p>查看我們的福祉福利 Intellect 提供的指南，以管理假期期間的心理健康。記住，在這段時間感受到各種情緒是可以的。</p> <p>如需個性化的支持和指導，預約與 Intellect 教練的會議談。教練可以幫助你探索這些感受，並制定策略，以在假期及之後增強你的心理韌性。</p> <p>如果您還沒有在電腦桌面上登錄 <a href="#">Intellect Web</a> (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 or PDF version. Once this has opened up in a new tab on your browser, <b>right click the image</b> then select "<b>Save image as</b>" to save the image or <b>click on the download button</b> to download the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>  <p>The graphic features the Intellect logo at the top, followed by the title '無壓的季節：輕鬆度過假期季節' (Stress-free season: Relax through the holiday season). Below this are four sections, each with a checklist and an illustration: 1. '良好的飲食、睡眠和運動' (Good diet, sleep and exercise) with a cyclist illustration; 2. '了解並設定你的界限' (Understand and set your boundaries) with a couch illustration; 3. '建立你的支持系統' (Build your support system) with a group of people illustration; 4. '為假期的開始和結束做好準備' (Prepare for the start and end of the holiday season) with a dog illustration. The URL 'app.intellect.co' is at the bottom.</p>

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<p>🌲 假期通常被视为欢乐的时光，但它也会给许多人带来孤独或悲伤的感觉，这通常被称为“假日忧郁症”。</p> <p>查看我们的身心健康福利伙伴 Intellect 提供的这份假期心理健康管理指南。请记住，在这段时间里感到各种复杂的情绪是正常的。</p> <p>如过您需要个性化支持和指导，请预约 Intellect 的教练对谈。教练可以帮助探索这些感受并制定策略来增强您在假期及以后的心理韧性。</p> <p>如果您还没有开始使用，请在电脑桌面上登陆 <a href="#">Intellect Web</a> (please <a href="#">hyperlink here</a>)。使用您的工作email注册，并<b>使用代码 [CODE]</b>/或<b>继续使用 SSO</b> (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 or PDF version. Once this has opened up in a new tab on your browser, <b>right click the image</b> then select <b>"Save image as"</b> to save the image or <b>click on the download button</b> to download the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>  <p>The graphic features the Intellect logo at the top, followed by the title '无压力的季节：轻松度过假期时光' (Stress-free season: Relax and enjoy your holiday time). Below this are four sections, each with a checklist and an illustration: 1. '良好的饮食，睡眠和运动' (Good diet, sleep, and exercise) with a cyclist illustration; 2. '了解并设定你的边界' (Understand and set your boundaries) with a couch illustration; 3. '建立你的支持系统' (Build your support system) with a group of people illustration; 4. '为假期的开始和结束做好准备' (Prepare for the start and end of the holiday) with a dog illustration. The URL 'app.intellect.co' is at the bottom.</p>