

Holistic Habits

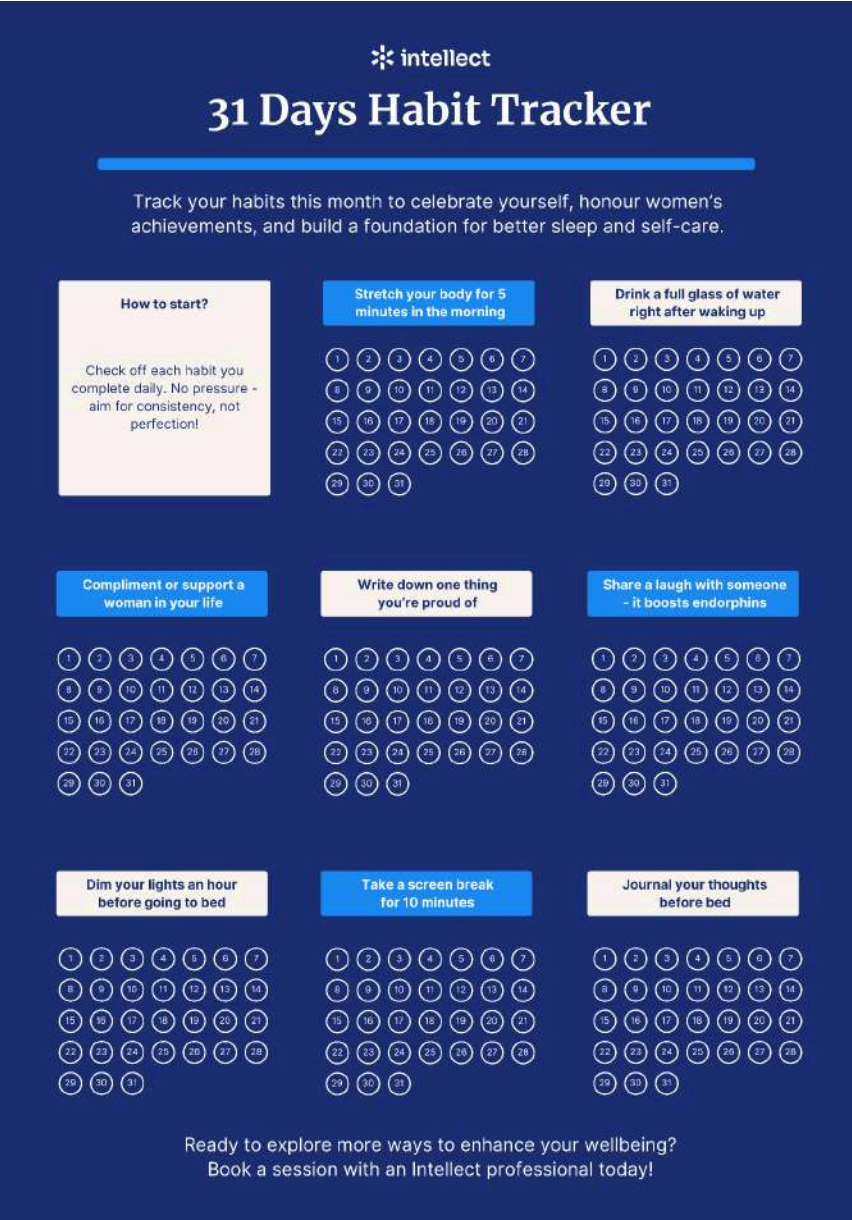
Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian)

Inspired by Women’s Day and World Sleep Day, this campaign focuses on cultivating habits that promote balance and mindfulness in daily life. By prioritising sleep, self-care, and meaningful connections, individuals can build healthy foundations for sustained wellbeing.

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, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 17 March 2025

English

Copy	Images to attach
<p>🌟 Celebrate Women’s Day and World Sleep Day this March with our wellbeing benefit, Intellect’s 31 Days Habit Tracker! Packed with simple, actionable activities, this downloadable tracker helps you prioritise rest, nurture connections, and cultivate mindfulness throughout the month.</p> <p>Start building your holistic habits today. Explore activities, get inspired, and book a session with an Intellect professional to support your journey toward balance and wellbeing.</p> <p>If you haven’t already, get started with Intellect on desktop/ mobile to start booking a session.</p> <p>🖥️ On Web</p> <ol style="list-style-type: none"> 1. Visit app.intellect.co (please hyperlink here) 2. Enter access code CODE*/ Click "Continue with SSO"** 3. Create your account using your work email address <p>📱 On App</p> <ol style="list-style-type: none"> 1. Select ‘I’m new here’, then ‘With your organisation’ 2. Use the code CODE*/ Click “Continue with SSO”** 3. Sign up using your work email address <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG version or PDF 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 PDF version</p> 

Simplified Chinese

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🌟3月特别活动:用Intellect的31天习惯养成计划,一起庆祝妇女节和世界睡眠日!我们精心准备了一份便捷的习惯追踪表,内含简单易行的小任务,帮您在这个月里合理安排休息时间、增进人际关系,培养正念生活。

立即开启您的健康生活新习惯!快来探索丰富的活动内容,汲取满满灵感,还可以预约Intellect专业顾问一对一指导,陪伴您迈向平衡幸福的人生。

如果您尚未注册,请通过 [电脑/手机端](#) 注册 Intellect 并开始预约。

🖥️ 电脑端

1. 访问 app.intellect.co (please hyperlink here) 并点击“注册”
2. 输入访问码 CODE* / “使用 SSO 登录”**
3. 使用您的工作邮箱创建账户

📱 手机端

1. 选择“I'm new here”, 然后选择“With your organisation”
2. 输入访问码 CODE* / 点击“Continue with SSO”**
3. 使用您的工作邮箱注册

*请使用您公司/机构的专属访问码

**仅适用于已启用 SSO 单点登录的公司/机构

Select either the PNG version or PDF 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.

[PNG version](#)

[PDF version](#)



Traditional Chinese

Copy

🌟利用 Intellect 的 31天习惯追踪表,一同庆祝三月的妇女节和世界睡眠日!追踪表设有简单易做的活动,可供下载,助你在整个三月妥善安排作息、建立联系、培养正念。

从今天开始全方面建立你的习惯。预约 Intellect 专家探索活动,启发灵感,全力支持你迈向均衡健康的生活。

如你未预订任何课程,在 [电脑/手机](#) 上联络 Intellect, 即时启航。

🖥️ 网页版

1. 浏览 app.intellect.co (please hyperlink here) 然后按一下「注册」
2. 输入登入代码 CODE* / 点击「使用 SSO 登入」**
3. 使用你的工作电子邮件创建帐户

📱 App版

1. 选择「I'm new here」, 然后选择「With your organisation」
2. 输入登入代码 CODE* / 点击「Continue with SSO」**
3. 使用你的工作电子邮件创建帐户

*请使用你所在企业的唯一登入代码

**只限支持单一登入的企业

Images to attach

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[PNG version](#)

[PDF version](#)



Thai

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<p>✨ในเดือนมีนาคมนี้ มาใช้ตัวติดตามกิจวัตร 31 วันจาก Intellect ที่เป็นสิทธิประโยชน์ด้านสุขภาพของเราเพื่อร่วมฉลองวันสตรีสากลและวันนอนหลับโลก! ตัวติดตามที่สามารถดาวน์โหลดไปใช้ได้นี้จัดแนบไปด้วยกิจกรรมง่าย ๆ ที่ใครก็ตามทำได้ แถมยังเป็นตัวช่วยให้คุณได้ให้ความสำคัญกับการพักผ่อน สานสายสัมพันธ์ ตลอดจนบ่มเพาะความรู้ตัวและมีสติตลอดทั้งเดือนอีกด้วย</p> <p>เริ่มสร้างกิจวัตรที่ส่งผลดีในแบบองค์กรรวมได้เลยวันนี้ ลองสำรวจดูกิจกรรมต่าง ๆ มองหาแรงบันดาลใจ และจองเซสชันกับผู้เชี่ยวชาญมืออาชีพจาก Intellect เพื่อช่วยส่งเสริมเส้นทางสู่ความสมดุลและสุขภาพของคุณอีกแรง</p> <p>ถ้ายังไม่เคยใช้ Intellect มาก่อน คุณจะเริ่มเข้าไปจองเซสชันได้ผ่านทาง เดสก์ท็อป/ อุปกรณ์เคลื่อนที่</p> <p>ผ่านเว็บไซต์</p> <ol style="list-style-type: none"> 1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก "สมัครใช้งาน" 2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO"*** 3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี <p>ผ่านแอป</p> <ol style="list-style-type: none"> 1. เลือก "I'm new here" ตามด้วย "With your organisation" 2. ใช้รหัส CODE*/ คลิกที่ "Continue with SSO"*** 3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน <p>*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ **สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น</p>	<p>Select either the PNG version or PDF 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 PDF version</p>



ตัวติดตามกิจวัตร 31 วัน

ติดตามกิจวัตรประจำวันเพื่อลองให้กับตัวเอง ยกย่องผลงานความสำเร็จของผู้หญิง และปูรากฐานเพื่อส่งเสริมคุณภาพการนอนหลับและการดูแลตัวเอง

<p style="text-align: center;">56 เริ่มต้นติดตาม</p> <p style="text-align: center;">ฝึกควบคุมลมหายใจด้วยวิธีที่คุณ ทำสำเร็จในแต่ละวัน ไม่ต้องกดดัน ว่าทุกอย่างต้องเป๊ะ แต่ให้เน้นไปที่ ความสนใจของคุณเอง!</p>	<p style="text-align: center;">ติดตามนิสัยใช้เวลา 5 นาทีหลังตื่นนอนเช้า</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p style="text-align: center;">ตื่นขึ้นมาแล้วขยับน้ำ ให้ครบหนึ่งแก้วทันที</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																																							
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ถ้าพร้อมแล้วก็จะศึกษาวิธีอื่น ๆ เพิ่มเติมในการเสริมสร้างสุขภาวะ
ก็จะเชื่อมกับผู้เชี่ยวชาญมืออาชีพจาก Intellect ได้เลย!

Vietnamese

<p>Copy</p> <p>🌟 Chào mừng Ngày Quốc tế Phụ nữ và Ngày Giấc ngủ Thế giới vào tháng 3 này với lợi ích chăm sóc sức khỏe toàn diện từ Intellect – Công cụ Theo dõi Thói quen 31 Ngày! Được thiết kế với các hoạt động đơn giản và dễ thực hiện, công cụ này giúp bạn ưu tiên nghỉ ngơi, nuôi dưỡng các mối quan hệ và rèn luyện sự sáng suốt trong cả tháng.</p> <p>Hãy bắt đầu xây dựng thói quen lành mạnh toàn diện ngay hôm nay. Khám phá các hoạt động thú vị, tìm cảm hứng và đặt lịch hẹn với chuyên gia Intellect để cùng bạn đồng hành trên hành trình cân bằng và chăm sóc bản thân này nhé.</p> <p>Nếu bạn chưa sử dụng Intellect, hãy bắt đầu trên máy tính/ điện thoại để đặt buổi tư vấn ngay hôm nay.</p> <p>🖥️ Trên máy tính</p> <ol style="list-style-type: none"> 1. Truy cập app.intellect.co (please hyperlink here) và nhấp vào “Đăng ký” 2. Nhập mã truy cập CODE* / Nhấn “Tiếp tục với Đăng nhập một lần (SSO)”** 3. Tạo tài khoản bằng email công việc của bạn <p>📱 Trên ứng dụng</p> <ol style="list-style-type: none"> 1. Chọn “I’m new here”, sau đó chọn “With your organisation” 2. Nhập mã truy cập CODE* / Nhấn “Continue with SSO”** 3. Đăng ký bằng email công việc của bạn <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp</p>	<p>Images to attach</p> <p>Select either the PNG version or PDF 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 PDF version</p>
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****áp dụng cho tổ chức dùng SSO**

The graphic is a 31-day habit tracker for Intellect. It features a dark blue background with white text and icons. At the top, the Intellect logo is displayed. The main title is "Theo dõi thói quen 31 ngày". Below the title, there is a paragraph of text in Vietnamese. The tracker consists of nine 3x7 grids, each representing a different habit. Each grid has a title and a 3x7 grid of circles for tracking progress. The habits are: 1. "Bắt đầu thế nào?" (How to start?), 2. "Giãn cơ 5 phút vào buổi sáng" (5-minute stretching in the morning), 3. "Uống một ly nước đầy ngay sau khi thức dậy" (Drink a full glass of water immediately after waking up), 4. "Khen ngợi hoặc hỗ trợ một người phụ nữ trong cuộc sống của bạn" (Praise or support a woman in your life), 5. "Viết một điều bạn tự hào về bản thân" (Write something you are proud of about yourself), 6. "Chia sẻ tiếng cười với ai đó - giúp tăng endorphins" (Share a laugh with someone - helps increase endorphins), 7. "Giảm ánh sáng một giờ trước khi đi ngủ" (Reduce light one hour before bedtime), 8. "Nghỉ giải lao khỏi màn hình 10 phút" (Take a 10-minute break from the screen), 9. "Viết nhật ký suy nghĩ trước khi đi ngủ" (Write a journal before bedtime). At the bottom, there is a final paragraph of text.

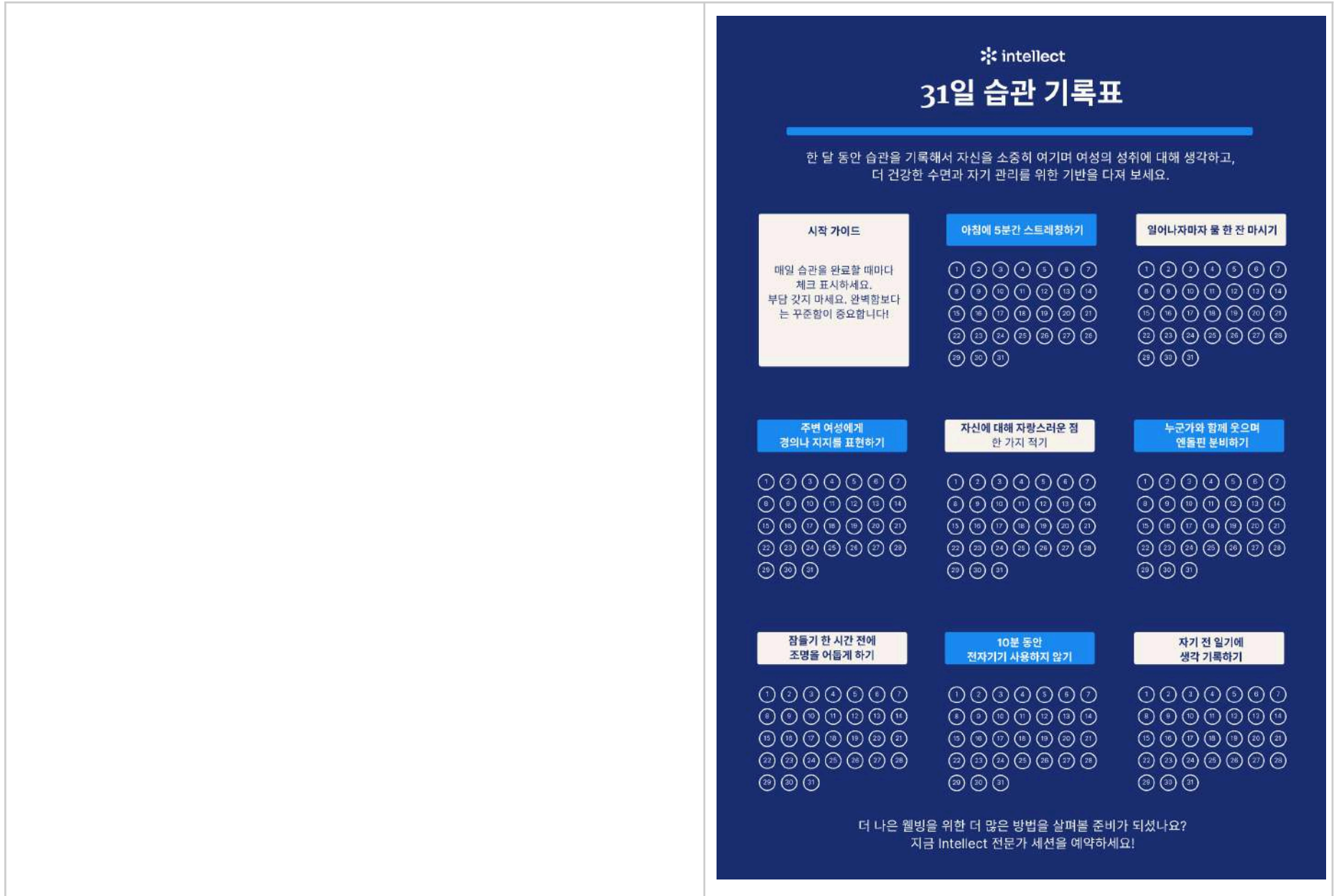
Japanese

Copy	Images to attach
<p>🌟この3月の「女性の日」と「世界睡眠デー」を、インテレクトのウェルビーイング特典「31日間習慣トラッカー」でお祝いしましょう！シンプルで実行可能なアクティビティが詰まったこのダウンロード可能なトラッカーは、1ヶ月を通して休息を優先し、つながりを育み、マインドフルネスを養うのに役立ちます。</p> <p>今日からホリスティックな習慣を身につけましょう。アクティビティを見て、インスピレーションを得て、バランスとウェルビーイングへの旅をサポートするインテレクトのプロフェッショナルとのセッションをご予約ください。</p> <p>まだの方は、デスクトップまたはスマートフォンからIntellectを開いてみましょう。</p> <p>🖥️ ウェブで</p> <ol style="list-style-type: none">1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリックする2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック3. 勤務先のメールアドレスを使用してアカウントを作成します。 <p>📱 アプリの場合</p> <ol style="list-style-type: none">1. 「I'm new here」を選択し、「With your organization」を選択します。2. CODE*/「Continue with SSO」**をクリックします。3. 勤務先のメールアドレスを使用してサインアップする <p>*組織固有のアクセスコードを使用してください。 **SSOを持つ組織のみ</p>	<p>Select either the PNG version or PDF 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 PDF version</p>



Korean

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<p> ✨3월을 맞아 여성의 날과 세계 수면의 날을 기념하여 Intellect와 함께 31일간 습관을 기록하세요! 실천하기 쉽고 간단한 활동으로 채운 습관 기록표를 다운로드하여 한 달 동안 휴식을 충분히 취하며 관계를 보살피고 마음챙김을 실천하세요. </p> <p> 지금 바로 종합적인 웰빙을 위한 습관을 키우기 시작하세요. 여러 가지 활동을 탐색하며 영감을 얻으세요. Intellect 전문가 세션을 예약하면 균형과 웰빙으로 향하는 여정의 든든한 동반자가 생깁니다. </p> <p> 아직 시작하기 전이라면, 데스크톱/모바일에서 Intellect 세션을 예약하십시오. </p> <p> 웹 버전 </p> <ol style="list-style-type: none"> 1. app.intellect.co에 방문합니다 (please hyperlink here) 를 클릭하고 “로그인”을 클릭합니다 2. 활성화 코드 CODE를 입력합니다*/ “SSO로 계속”을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 계정을 만듭니다 <p> 앱 버전 </p> <ol style="list-style-type: none"> 1. “I’m new here”를 선택한 다음, “With your organisation”을 선택합니다 2. 활성화 코드 CODE를 사용합니다*/ “Continue with SSO”을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 가입합니다 <p> *조직의 고유 활성화 코드를 사용하십시오 **SSO를 사용하는 조직만 해당합니다 </p>	<p> Select either the PNG version or PDF 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 PDF version </p>



Bahasa Indo

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<p>✨ Rayakan Hari Perempuan dan Hari Tidur Sedunia pada bulan Maret ini dengan manfaat kesejahteraan kami, Pelacak Kebiasaan 31 Hari dari Intellect! Sarat dengan aktivitas yang simpel dan praktis, pelacak yang dapat diunduh ini membantu Anda memprioritaskan istirahat, merawat hubungan, dan memelihara kesadaran penuh pada sepanjang bulan.</p> <p>Mulai bangun kebiasaan holistik Anda hari ini. Jelajahi berbagai aktivitas, dapatkan inspirasi, dan pesan sesi bersama pakar dari Intellect untuk mendukung perjalanan Anda menuju keseimbangan dan kesejahteraan.</p> <p>Jika belum buat jadwal, akses Intellect di laptop/ponsel untuk mulai memesan sesi.</p> <p>Di Web</p> <ol style="list-style-type: none"> 1. Kunjungi app.intellect.co (please hyperlink here) dan klik "Lanjutkan" 2. Masukkan kode akses KODE*/ Klik "Lanjutkan dengan SSO"*** 3. Buat akun menggunakan alamat email kantor Anda <p>Di Aplikasi</p> <ol style="list-style-type: none"> 1. Pilih "I'm new here", lalu "With your organisation" 2. Masukkan kode akses KODE*/ Klik "Continue with SSO"*** 3. Daftar menggunakan alamat email kantor Anda <p>*harap gunakan kode akses unik organisasi Anda **hanya bagi organisasi yang memiliki SSO</p>	<p>Select either the PNG version or PDF 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 PDF version</p>



Pelacak Kebiasaan 31 Hari

Lacak kebiasaan Anda untuk merayakan diri, menghargai pencapaian perempuan, membuat tidur lebih nyenyak, dan merawat diri.

<p>Mulai dari mana?</p> <p>Tandai setiap kebiasaan harian yang Anda selesaikan. Tidak ada tekanan - utamakan konsistensi, bukan kesempurnaan!</p>	<p>Regangkan tubuh selama 5 menit di pagi hari</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p>Minum segelas air segera setelah bangun tidur</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																																							
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Siapa mengeksplorasi berbagai cara untuk meningkatkan kesejahteraan Anda? Pesan sesi bersama pakar dari Intellect sekarang!

Spanish

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<p>🌟 Celebra el Día de la Mujer y el Día Mundial del Sueño este marzo con nuestro recurso de bienestar: «Seguimiento de hábitos por 31 días de Intellect». Este rastreador descargable, lleno de actividades simples y prácticas, te ayudará a enfocarte en el descanso, fortalecer tus relaciones y practicar la atención plena durante todo el mes.</p> <p>Empieza a crear tus hábitos holísticos hoy mismo. Explora actividades, inspírate y reserva una sesión con un profesional de Intellect para que te apoye en tu camino hacia el equilibrio y el bienestar.</p> <p>Si aún no lo has hecho, accede a Intellect desde tu computadora o celular y empieza a disfrutar de sus beneficios:</p> <p>🖥 En la web</p> <ol style="list-style-type: none"> 1. Visita app.intellect.co. (please hyperlink here) y haga clic en "Inscribirse" 2. Ingresa el código de acceso CODE* o selecciona "Continuar con SSO"**. 3. Crea tu cuenta con tu correo electrónico laboral. <p>📱 En la app</p> <ol style="list-style-type: none"> 1. Selecciona "I'm new here" y luego "With your organisation". 2. Ingresa el código CODE* o selecciona "Continue with SSO"**. 3. Regístrate con tu correo electrónico laboral. <p>*Usa el código único de acceso de tu empresa. **Solo para empresas con SSO.</p>	<p>Select either the PNG version or PDF 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 PDF version</p>



Portuguese (Brazilian)

Copy	Images to attach
<p>🌟 Comemore o Dia da Mulher e o Dia Mundial do Sono em março com o nosso recurso para o bem-estar, o Rastreador de Hábitos de 31 Dias da Intellect! Repleto de atividades simples e práticas, este rastreador disponível para download ajuda você a priorizar o descanso, fortalecer conexões e cultivar a atenção plena ao longo do mês.</p> <p>Comece a construir sua rotina holística hoje mesmo. Explore atividades, inspire-se e agende uma sessão com um profissional da Intellect para lhe ajudar em sua jornada rumo ao equilíbrio e bem-estar.</p> <p>Se você ainda não o fez, comece com a Intellect em desktop/móvel para agendar uma sessão.</p> <p>🖥️ Na Internet</p> <ol style="list-style-type: none"> 1. Acesse app.intellect.co (please hyperlink here) e clique em "Cadastrar-se" 2. Insira o código de acesso CÓDIGO*/Clique em "Continuar com o SSO"*** 3. Crie sua conta usando seu endereço de e-mail de trabalho <p>📱 No aplicativo</p> <ol style="list-style-type: none"> 1. Selecione "I'm new here" e em seguida "With your organisation" 2. Utilize o código CÓDIGO*/Clique em "Continue with SSO"*** 3. Registre-se usando seu endereço de e-mail de trabalho <p>*use o código de acesso exclusivo da sua organização **somente para organizações com SSO</p>	<p>Select either the PNG version or PDF 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 PDF version</p>

Rastreador de hábitos de 31 dias

Monitore seus hábitos neste mês para celebrar a si mesma, homenagear as conquistas das mulheres e construir uma base para um sono melhor e uma rotina de autocuidado.

Como começar?

Marque cada hábito que você realiza diariamente. Sem pressão - busque regularidade, não perfeição!

Alongue seu corpo por 5 minutos pela manhã

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Beba um copo de água logo após acordar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Elogie ou apoie uma mulher presente em sua vida

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Escreva uma coisa da qual você se orgulha

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sorria com alguém - Isso aumenta os níveis de endorfina

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Diminua as luzes uma hora antes de ir dormir

1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30	31				

Descanse das telas durante 10 minutos

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Registre os seus pensamentos antes de dormir

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Pronta para explorar mais maneiras de melhorar o seu bem-estar? Agende uma sessão com um profissional da Intellect hoje mesmo!