

Managing Stress


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

With April being Stress Awareness Month, this campaign explores how stress shows up differently across gender, culture, and background—shedding light on why some people seem to “handle stress better” than others. It aims to normalise diverse stress experiences and emphasise the importance of culturally relevant support.

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: 7 April 2025

English

Copy	Images to attach
<p>♥ Ever wondered why some people breeze through challenges while others feel overwhelmed? Stress isn't just personal—it's shaped by gender, culture, and lived experiences.</p> <p>Stress affects everyone differently, but no one has to navigate it alone. Through our wellbeing benefit, Intellect professionals can offer personalised strategies to help you manage stress better and build healthier coping skills.</p> <p>If you haven't already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic 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>  <p>The infographic is set against a green background with the Intellect logo at the top. It features three rows of 'Myth' and 'Reality' pairs, each with an illustration and text. The 'Myth' column contains: 1. A man in a yellow suit looking stressed, with the text 'Stress affects everyone the same way.' 2. A person with their hands on their head, with the text 'If you don't talk about stress, it'll go away.' 3. A woman thinking, with the text 'Some people are just better at handling stress.' The 'Reality' column contains: 1. Text: 'Stress shows up differently—some may feel it physically (like headaches or fatigue), while others experience emotional or behavioural changes.' 2. Text: 'Suppressing stress can make it worse. Acknowledging and addressing it—especially with a professional—helps build resilience.' 3. Text: 'Coping mechanisms come from personal experiences, upbringing, and access to support—not innate ability.' At the bottom, it says 'Your experience with stress is valid. Speak with an Intellect professional for personalised support.' and includes the URL 'app.intellect.co'.</p>

Simplified Chinese

Copy	Images to attach
<p>♥ 你是否好奇，为什么有些人能游刃有余地应对挑战，而另一些人却感到不知所措？压力并非单纯的个人问题——它与性别、文化背景和人生阅历都密不可分。</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>

压力对每个人的影响都不尽相同，但你永远不必独自承担。通过我们的身心关怀服务，Intellect的专业顾问将为你量身打造个人专属方案，帮助你更从容地驾驭压力，建立更健康的应对方式。

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

Traditional Chinese

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<p>♥ 你有沒有想過，為甚麼有些在困難之中能夠悠然自得，有些人卻不知所措？壓力不只是個人問題，與性別、文化和生活經驗也息息相關。</p> <p>壓力對每個人的影響不同，但你不必獨自承受。利用我們的健康夥伴，Intellect 專業人員可提供個人化策略，助你更有效管理壓力，同時養成更健康的應對技能。</p> <p>如你未預訂任何課程，在 電腦 / 手機 上聯絡 Intellect，即時啟航。</p> <p>網頁版</p> <ol style="list-style-type: none">1. 瀏覽 app.intellect.co (please hyperlink here) 然後按一下「註冊」2. 輸入登入代碼 CODE* / 點擊「使用 SSO 登入」**3. 使用你的工作電子郵件創建帳戶 <p>App版</p> <ol style="list-style-type: none">1. 選擇「I'm new here」，然後選擇「With your organisation」2. 輸入登入代碼 CODE* / 點擊「Continue with SSO」**3. 使用你的工作電子郵件創建帳戶 <p>*請使用你所在企業的唯一登入代碼 **只限支持單一登入的企業</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>

Thai

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<p>♥ เคยสงสัยไหมว่าทำไมบางคนถึงวิ่งฝ่าความท้าทายได้สบาย ๆ ขณะที่บางคน แม้แต่ก้าวขาที่ยังไม่ออก ความเครียดไม่ใช่แค่เรื่องปัจเจก แต่ยังมีปัจจัยอย่างเพศ วัฒนธรรม และประสบการณ์ชีวิตเป็นตัวกำหนดด้วย</p> <p>ความเครียดส่งผลกับทุกคนต่างกัน แต่ปัญหานี้ไม่ใช่สิ่งที่ต้องเผชิญเพียงลำพัง เพราะผู้เชี่ยวชาญมืออาชีพจาก Intellect สวัสดิการด้านสุขภาพของเราสามารถ แนะนำกลยุทธ์แบบตรงจุดเพื่อช่วยให้คุณจัดการความเครียดได้ดียิ่งขึ้น รวมถึงสร้าง ทักษะการรับมือที่เหมาะสมยิ่งขึ้น</p> <p>ถ้ายังไม่เคยใช้ Intellect มาก่อน คุณจะเริ่มเข้าไปลองเซสชันได้ผ่านทาง เดสก์ท็อป/ อุปกรณ์เคลื่อนที่</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>

<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>	
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Vietnamese

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<p>♥️ Bạn có bao giờ thắc mắc rằng tại sao một số người có thể vượt qua thử thách dễ dàng, trong khi người khác lại cảm thấy kiệt sức? Căng thẳng không chỉ mang tính cá nhân mà còn bị ảnh hưởng bởi giới tính, văn hóa và những trải nghiệm sống của mỗi người.</p> <p>Mỗi người trải qua căng thẳng theo cách riêng, nhưng không ai phải đối mặt với nó một mình. Với chương trình phúc lợi cùng Intellect, các chuyên gia sẽ giúp bạn xây dựng chiến lược phù hợp để quản lý căng thẳng và phát triển kỹ năng ứng phó lành mạnh hơn.</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 **áp dụng cho tổ chức dùng 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>

Japanese

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<p>♥️ ストレスを感じる時、なぜ一部の人は難題を軽々と乗り越え、他の人は圧倒されてしまうのでしょうか？</p> <p>ストレスは個人の問題だけではなく、性別、文化、そして人生経験によっても影響を受けます。</p> <p>ストレスの影響は人それぞれですが、誰も一人で対処する必要はありません。Intellectのウェルビーイングサポートでは、専門家があなたに合った個</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>

別のストレス対策や、より健康的な対処スキルを身につけるための戦略を提供します。

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。

🖥️ **ウェブで**

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。

📱 **アプリの場合**

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

*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

Korean

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<p>♥️ 어떤 사람들은 문제를 아주 수월하게 풀어나가는데 다른 사람들은 어쩔 줄을 몰라 하는 이유가 궁금하셨나요? 스트레스는 단지 개인적인 것이 아니라 성별, 문화, 살아온 경험에 따라 달라집니다.</p> <p>스트레스는 모두에게 다르게 영향을 미치지만 아무도 혼자 스트레스를 해결할 필요가 없습니다. 당사의 웰빙 혜택을 통해 Intellect 전문가들은 개별화한 전략을 제공하여 스트레스를 더 잘 관리하시고 대처 능력을 더 건강하게 키워 가시도록 도와드립니다.</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 클릭합니다2. 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 선택합니다2. 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

Copy	Images to attach
<p>♥️ Pernahkah Anda bertanya-tanya mengapa sebagian orang dapat dengan mudah mengatasi tantangan, sementara yang lain merasa</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>

kewalahan? Stres bukan hanya persoalan pribadi— stres dibentuk oleh gender, budaya, serta pengalaman hidup.

Stres memengaruhi setiap orang dengan cara berbeda, tetapi kita tidak perlu mengatasi stres sendirian. Melalui benefit kesejahteraan Intellect, para ahli dari Intellect dapat menawarkan strategi terpersonalisasi untuk membantu Anda mengelola stres dengan lebih baik dan membangun keterampilan coping yang lebih sehat.

Jika belum buat jadwal, akses Intellect di **laptop/ponsel** untuk mulai memesan sesi.

Di Web

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

Di Aplikasi

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




*harap gunakan kode akses unik organisasi Anda

**hanya bagi organisasi yang memiliki SSO

[PNG version](#)

[PDF version](#)

Spanish

Copy	Images to attach
<p> ¿Alguna vez te has preguntado por qué algunas personas afrontan los retos sin problema mientras que otras se sienten abrumadas? El estrés no es solo algo personal, también está influenciado por el género, la cultura y las experiencias de vida.</p> <p>Cada quien vive el estrés de manera diferente, pero nadie tiene que enfrentarlo solo. Con nuestro beneficio de bienestar, los profesionales de Intellect pueden ayudarte con estrategias personalizadas para manejar el estrés y desarrollar mejores herramientas para afrontarlo.</p> <p>Si aún no lo has hecho, accede a Intellect desde tu computadora o celular y empieza a disfrutar de sus beneficios:</p> <h4> En la web</h4> <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. <h4> En la app</h4> <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>♥ Já se perguntou por que algumas pessoas enfrentam desafios numa boa, enquanto outras se sentem sobrecarregadas? O estresse não é algo apenas pessoal – ele pode ser influenciado por gênero, cultura e experiências de vida.</p> <p>Todo mundo sente o estresse de um jeito diferente, mas ninguém precisa lidar com isso sozinho. Com o nosso benefício de bem-estar, os profissionais da Intellect podem te ajudar com estratégias personalizadas para gerenciar melhor o estresse e desenvolver formas mais saudáveis de enfrentá-lo.</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>

Bahasa Melayu

Copy	Images to attach
<p>♥ Pernahkah anda terfikir mengapa sesetengah orang mudah mengatasi cabaran sementara yang lain sering berasa terbeban? Tekanan bukan sekadar pengalaman peribadi—tetapi ia juga dipengaruhi oleh jantina, budaya, dan pengalaman hidup.</p> <p>Tekanan memberi kesan berbeza kepada setiap individu, tetapi tiada siapa perlu menghadapinya sendirian. Melalui manfaat kesejahteraan kami, para profesional di Intellect dapat menyediakan strategi yang diperibadikan untuk membantu anda mengurus tekanan dengan lebih baik dan membina kemahiran daya tindak yang lebih sihat.</p> <p>Jika anda belum mengaktifkan akaun anda, daftar dengan Intellect di desktop/ mudah alih sekarang untuk menempah sesi coaching/ penjagaan/ kesejahteraan holistik pertama anda.</p> <p>🖥️ Di Web</p> <ol style="list-style-type: none"> 1. Lawati app.intellect.co (please hyperlink here) 2. Masukkan kod akses CODE* / Klik "Continue with SSO" 3. Cipta akaun menggunakan alamat e-mel kerja anda <p>📱 Di Aplikasi</p> <ol style="list-style-type: none"> 1. Pilih 'Saya pengguna baru', kemudian 'Dengan organisasi anda' 2. Masukkan kod CODE* / Klik "Continue with SSO" 3. Daftar menggunakan alamat e-mel kerja anda <p>*sila gunakan kod akses unik organisasi anda **hanya untuk organisasi dengan 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>