

10-Day Wellbeing Challenge Campaign

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

Image to attach: 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](#)

Blurb: Feeling stressed, stuck, or scattered? The 10-Day Wellbeing Challenge is your chance to reset and build small, feel-good habits that fit easily into your routine. Get started on the Intellect platform through Guided Journals and bite-sized interactive Learning Path lessons to build your mental wellbeing skills!

The graphic features the Intellect logo at the top, followed by the title "10-Day Wellbeing Challenge". Below the title is a short introductory text. The main content is a grid of activities for five weeks, with Monday activities under the heading "Monday Learn and Reflect" and Friday activities under "Friday Practice and Journal". Each activity is represented by a colored box with an icon and a checkbox. The weeks are color-coded: Week 1 (purple), Week 2 (green), Week 3 (orange), Week 4 (yellow), and Week 5 (blue). A dark blue footer contains the text "Ready to feel better? app.intellect.co".

| | Monday <i>Learn and Reflect</i> | Friday <i>Practice and Journal</i> |
|--------|---|---|
| Week 1 | Managing Stress Learning Path <input type="checkbox"/> | Gratitude Journal <input type="checkbox"/> |
| Week 2 | Emotion Regulation Learning Path <input type="checkbox"/> | Managing Your Emotions Journal <input type="checkbox"/> |
| Week 3 | Anxiety and Worry Learning Path <input type="checkbox"/> | Anxiety Thought Record Journal <input type="checkbox"/> |
| Week 4 | Overcoming Procrastination Learning Path <input type="checkbox"/> | Reduce Distractions Journal <input type="checkbox"/> |
| Week 5 | Building Your Self-Esteem Learning Path <input type="checkbox"/> | Reflection Journal <input type="checkbox"/> |

Ready to feel better?
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