

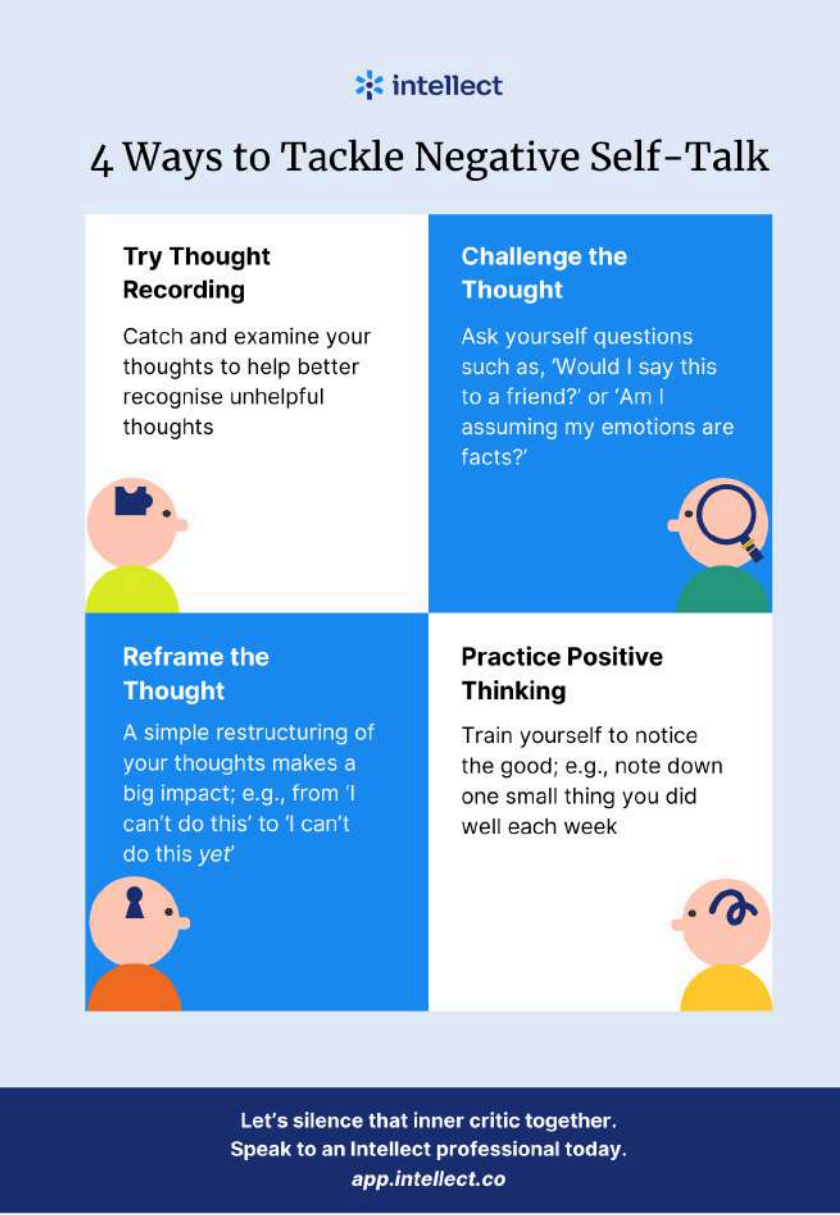
## Self-Care

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

With International Self-Care Day falling at the end of this month, this campaign encourages individuals to practice self-kindness and compassion in the midst of everyday challenges through reframing negative self-talk.

**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 July 2025

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<p>🔍 Made a mistake? Received tough feedback? Missed a deadline? Before you beat yourself up, take a pause. These things happen—and chances are, it's not the end of the world.</p> <p>We tend to be our harshest critic when we should be our most encouraging cheerleader. This month, give yourself the grace you deserve and reframe your self-talk with Intellect, our wellbeing benefit.</p> <p>Check out content on the platform such as <a href="#">Handling Criticism</a> and <a href="#">Developing Self-Compassion</a> for more support on your self-kindness journey!</p> <p>If you haven't already, get started with Intellect on <b>desktop/ mobile</b> to start booking a <b>coaching/ care/ holistic</b> session.</p> <p>🖥️ <b>On Web</b></p> <ol style="list-style-type: none"> <li>1. Visit <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here)</li> <li>2. Enter access code CODE*/ Click "Continue with SSO"***</li> <li>3. Create your account using your work email address</li> </ol> <p>📱 <b>On App</b></p> <ol style="list-style-type: none"> <li>1. Select 'I'm new here', then 'With your organisation'</li> <li>2. Use the code CODE*/ Click "Continue with SSO"***</li> <li>3. Sign up using your work email address</li> </ol> <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG, PDF, 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><a href="#">PNG version</a> <a href="#">PDF version</a> <a href="#">GIF version</a></p> 

## Simplified Chinese


Copy	Images to attach
<p>🔍 犯了个错？收到了严厉的反馈？亦或错过了截止日期？在开始自责之前，先停一停。这些事情谁都会遇到——说不定其实没你想得那么严重。</p> <p>我们总是对自己最苛刻，但其实我们更应该做自己的啦啦队。这个月，给自己多一点体谅和温柔，和我们的健康助手 Intellect 一起，学会用善意的</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><a href="#">PNG version</a></p>

<p>话语对待自己。</p> <p>打开平台, 看看<a href="#">《如何应对批评》</a>和<a href="#">《学会自我疼惜》</a>等内容, 在自我关爱之旅中继续前进</p> <p>如果还没用过Intellect, 现在就用<a href="#">电脑或手机</a>开始体验, 预约<a href="#">辅导</a>、<a href="#">关怀</a>或<a href="#">整体健康</a>服务吧。</p> <p><b>电脑端</b></p> <ol style="list-style-type: none"> <li>1. 访问 <a href="#">app.intellect.co (please hyperlink here)</a> 并点击“注册”</li> <li>2. 输入访问码 <b>CODE*</b> / “使用 <b>SSO</b> 登录”**</li> <li>3. 使用您的工作邮箱创建账户</li> </ol> <p><b>手机端</b></p> <ol style="list-style-type: none"> <li>1. 选择“<b>I'm new here</b>”, 然后选择“<b>With your organisation</b>”</li> <li>2. 输入访问码 <b>CODE*</b> / 点击 “<b>Continue with SSO</b>”**</li> <li>3. 使用您的工作邮箱注册</li> </ol> <p>*请使用您公司/机构的专属访问码 **仅适用于已启用 <b>SSO</b> 单点登录的公司/机构</p>	<p><a href="#">PDF version</a></p>
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## Traditional Chinese


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<p> 犯錯了嗎？收到嚴厲的回饋？錯過了截止日期？在你開始責怪自己之前, 先深呼吸、暫停一下。這些事情都很常見, 也許其實沒那麼糟, 真的不是世界末日。</p> <p>我們常常對自己最嚴苛, 但其實應該成為自己最棒的啦啦隊。這個月, 給自己一點寬容, 用 Intellect 的心理健康福利, 練習溫柔對待自己、調整自我對話。</p> <p>到平台上看看<a href="#">《如何面對批評的方法》</a>和<a href="#">《培養自我同理心》</a>等內容, 陪你踏上這段自我善待的旅程。</p> <p>如果您們還沒有準備好, 現在就透過<a href="#">電腦</a> / <a href="#">手機</a>使用 Intellect, 預約<a href="#">輔導</a> / <a href="#">關懷</a> / <a href="#">全面</a>課程吧！</p> <p><b>網頁版</b></p> <ol style="list-style-type: none"> <li>1. 瀏覽<a href="#">app.intellect.co (please hyperlink here)</a> 然後按一下「註冊」</li> <li>2. 輸入登入代碼<b>CODE*</b> / 點擊「使用 <b>SSO</b> 登入」**</li> <li>3. 使用你的工作電子郵件創建帳戶</li> </ol> <p><b>App版</b></p> <ol style="list-style-type: none"> <li>1. 選擇「<b>I'm new here</b>」, 然後選擇「<b>With your organisation</b>」</li> <li>2. 輸入登入代碼<b>CODE*</b> / 點擊「<b>Continue with SSO</b>」**</li> <li>3. 使用你的工作電子郵件創建帳戶</li> </ol> <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><a href="#">PNG version</a> <a href="#">PDF version</a></p>

## Thai


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<p> เคยทำอะไรผิดพลาดไหม ถูกตำหนิดด้วยถ้อยคำเผ็ดร้อน หรือส่งงานไม่ทันรีเพล่า ก่อนจะโทษตัวเอง ลองหยุดพักสักนิด เรื่องแบบนี้เกิดขึ้นได้กับทุกคน — และอาจไม่ได้แย่อย่างที่คิด</p> <p>เรามักเป็นนักวิจารณ์ตัวเองที่โหดที่สุด ทั้งที่ควรเป็นกำลังใจให้ตัวเองมากกว่าเดือนนี้ ลองเมตตาและปรานีตัวเองให้มากขึ้น กับ Intellect ผู้ช่วยฮีลใจของคุณ</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><a href="#">PNG version</a></p>

<p>แวะไปดูคอนเทนต์ดี ๆ อย่าง <a href="#">รับมือคำวิจารณ์</a> และ <a href="#">ฝึกใจดีกับตัวเอง</a> บนแพลตฟอร์มได้เลย!</p> <p>หากคุณยังไม่ได้เริ่มใช้งาน Intellect ใน <a href="#">เดสก์ท็อป/ โน้ตบุ๊ก</a> เพื่อเริ่มต้นการจองเซสชัน <a href="#">การฝึกสอน/ การดูแล/ องค์กรรวม</a></p> <p><b>ผ่านเว็บไซต์</b></p> <ol style="list-style-type: none"> <li>1. เข้าไปที่ <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) และคลิก "สมัครใช้งาน"</li> <li>2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO"***</li> <li>3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี</li> </ol> <p><b>ผ่านแอป</b></p> <ol style="list-style-type: none"> <li>1. เลือก "I'm new here" ตามด้วย "With your organisation"</li> <li>2. ใช้รหัส CODE*/ คลิกที่ "Continue with SSO"***</li> <li>3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน</li> </ol> <p><b>*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ</b>  <b>**สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น</b></p>	<p><a href="#">PDF version</a></p>
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**Vietnamese**

Copy	Images to attach
<p> Bạn lỡ mắc sai lầm? Bị góp ý khó nghe? Trễ hạn công việc? Trước khi tự trách mình, hãy dừng lại một chút. Chuyện này ai cũng từng trải qua, mọi thứ có thể không tệ như bạn nghĩ.</p> <p>Chúng ta thường nghiêm khắc với bản thân nhất trong khi lẽ ra chúng ta nên làm người cố vũ tinh thần mạnh mẽ nhất cho chính mình. Tháng này, hãy đối xử nhẹ nhàng và tử tế với bản thân nhiều hơn cùng Intellect.</p> <p>Đừng quên khám phá các nội dung như <a href="#">'Cách đón nhận lời phê bình'</a> và <a href="#">'Nuôi dưỡng lòng tự trách ẩn'</a> trên nền tảng nhé!</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên <a href="#">máy tính/ điện thoại</a> để đặt lịch hẹn với chuyên gia <a href="#">khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện</a> ngay hôm nay!</p> <p><b>Trên máy tính</b></p> <ol style="list-style-type: none"> <li>1. Truy cập <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) và nhấp vào "Đăng ký"</li> <li>2. Nhập mã truy cập CODE* / Nhấn "Tiếp tục với Đăng nhập một lần (SSO)"***</li> <li>3. Tạo tài khoản bằng email công việc của bạn</li> </ol> <p><b>Trên ứng dụng</b></p> <ol style="list-style-type: none"> <li>1. Chọn "I'm new here", sau đó chọn "With your organisation"</li> <li>2. Nhập mã truy cập CODE* / Nhấn "Continue with SSO"***</li> <li>3. Đăng ký bằng email công việc của bạn</li> </ol> <p><b>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp</b>  <b>**áp dụng cho tổ chức dùng SSO</b></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><a href="#">PNG version</a>  <a href="#">PDF version</a></p>

**Japanese**

Copy	Images to attach
<p> 仕事でミスしてしまった... きついフィードバックをもらった...締め切りに間に合わなかった... そんな時は、自分を責める前に一旦立ち止まってみましょ</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>

う。仕事をしていれば失敗は誰にでもあることで、世界の終わりではありません。

人は自分に厳しくなりがちですが、本来、自分を一番に理解し励ます立場でいるべきです。今月は、自分への優しさを再発見するために、Intellectとともにポジティブなセルフトークを練習しましょう。

アプリを開き、[自己肯定感をあげるためのジャーナル](#)や、[セルフ・コンパッションを学ぶためのセッション](#)などのコンテンツをぜひお試しください！

まだIntellectを始めていない方は、[デスクトップまたはスマホから コーチング / ケア / ホリスティック セッション](#)をご予約ください。

#### ■ ウェブ版

1. [app.intellect.co](#)にアクセス ([please hyperlink here](#)) そして「続ける」をクリック
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

#### ■ アプリ版

1. 「アカウントを作成」を選択し、「組織コード」を選択
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サインアップ

\*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

[PNG version](#)

[PDF version](#)

## Korean

### Copy

🔍 실수를 하셨나요? 따끔한 피드백을 받으셨나요? 마감 기한을 놓치셨나요? 자책하기 전에 잠시 멈춰보세요. 누구나 겪을 수 있는 일이며, 대부분은 생각보다 심각하지 않은 일입니다.

우리는 자기 자신에게 가장 엄격할 때가 많지만, 사실 가장 힘이 되어줘야 할 존재는 자기 자신이에요. 이번 달에는 마땅히 받을 자격이 있는 너그러움을 스스로에게 베풀어 보세요. 웰빙 서비스 Intellect와 함께 내게 따뜻한 말을 건네는 방법도 배워보세요.

Intellect 플랫폼에서는 ['비판을 다루는 방법'](#), ['자애로운 마음 기르기'](#) 등 나를 더 돌볼 수 있는 다양한 콘텐츠를 만나실 수 있어요.

아직 하지 않으셨으면 [컴퓨터 / 모바일 기기에서 Intellect로 시작하여 코칭 / 케어 / 종합 세션 예약](#)을 시작해 보세요.

#### ■ 웹 버전

1. [app.intellect.co](#)에 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

#### ■ 앱 버전

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

\*조직의 고유 활성화 코드를 사용하십시오

\*\*SSO를 사용하는 조직만 해당합니다

### Images 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](#)

## Bahasa Indo




Copy	Images to attach
<p>🔍 Pernah melakukan kesalahan? Menerima kritik yang terasa berat? Atau terlambat menyelesaikan tugas? Sebelum mulai menyalahkan diri sendiri, berhentilah sejenak. Hal seperti ini bisa terjadi kepada siapa saja – dan percayalah, ini bukan akhir dari dunia.</p> <p>Kita sering kali terlalu keras pada diri sendiri, padahal seharusnya jadi penyemangat terbesar bagi diri kita. Di bulan ini, berikanlah ruang untuk memaafkan diri sendiri, dan coba ubah cara berbicara pada diri sendiri menjadi lebih penuh pengertian, bersama Intellect, program kesejahteraan mental kita.</p> <p>Cek konten di platform seperti '<a href="#">Menghadapi Kritik</a>' dan '<a href="#">Mengembangkan Welas Kasih terhadap Diri</a>' yang bisa mendampingi perjalanan Anda menjadi pribadi yang lebih lembut dan penuh kasih terhadap diri sendiri.</p> <p>Jika belum, mulailah dengan Intellect di perangkat <b>desktop/ seluler</b> untuk memesan sesi <b>pelatihan/ perawatan/ holistik</b>.</p> <p>🖥️ <b>Di Web</b></p> <ol style="list-style-type: none"><li>1. Kunjungi <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) dan klik "Lanjutkan"</li><li>2. Masukkan kode akses KODE*/ Klik "Lanjutkan dengan SSO"***</li><li>3. Buat akun menggunakan alamat email kantor Anda</li></ol> <p>📱 <b>Di Aplikasi</b></p> <ol style="list-style-type: none"><li>1. Pilih "I'm new here", lalu "With your organisation"</li><li>2. Masukkan kode akses KODE*/ Klik "Continue with SSO"***</li><li>3. Daftar menggunakan alamat email kantor Anda</li></ol> <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><a href="#">PNG version</a> <a href="#">PDF version</a></p>

## Spanish



Copy	Images to attach
<p>🔍 ¿Cometiste un error? ¿Recibiste una crítica dura? ¿Se te pasó una fecha límite? Antes de culparte, respira. A todos nos pasa – y probablemente no sea el fin del mundo.</p> <p>Tendemos a ser nuestros críticos más duros, cuando deberíamos ser nuestros mejores animadores. Este mes, date el cariño y la comprensión que mereces junto a Intellect.</p> <p>Explora contenidos, entre ellos, '<a href="#">Cómo manejar las críticas</a>' y '<a href="#">Cómo desarrollar la autocompasión</a>' en la plataforma.</p> <p>Si aún no lo has hecho, comienza con Intellect en tu <b>computadora o celular</b> y agenda tu sesión de <b>coaching/ bienestar/ cuidado holístico</b>.</p> <p>🖥️ <b>En la web</b></p> <ol style="list-style-type: none"><li>1. Visita <a href="http://app.intellect.co">app.intellect.co</a>. (please hyperlink here) y haga clic en "Inscribirse"</li><li>2. Ingresa el código de acceso CODE* o selecciona "Continuar con SSO"***.</li><li>3. Crea tu cuenta con tu correo electrónico laboral.</li></ol> <p>📱 <b>En la app</b></p> <ol style="list-style-type: none"><li>1. Selecciona "I'm new here" y luego "With your organisation".</li><li>2. Ingresa el código CODE* o selecciona "Continue with SSO"***.</li></ol>	<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><a href="#">PNG version</a> <a href="#">PDF version</a></p>

<p><b>3. Regístrate con tu correo electrónico laboral.</b></p> <p><b>*Usa el código único de acceso de tu empresa.</b>  <b>**Solo para empresas con SSO.</b></p>	
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**Portuguese (Brazilian)**

Copy	Images to attach
<p> Cometeu um erro? Recebeu um feedback difícil? Perdeu um prazo? Antes de se culpar, respire fundo. Essas coisas acontecem, e geralmente não são tão importantes assim.</p> <p>A gente costuma ser nosso pior crítico, quando na verdade deveríamos ser nosso maior incentivador. Neste mês, pratique a gentileza e compaixão consigo mesmo com a ajuda do Intellect.</p> <p>Confira conteúdos como <a href="#">*Como lidar com críticas*</a> e <a href="#">*Desenvolvendo autocompaixão*</a> na plataforma!</p> <p>Se você ainda não o fez, comece a usar o Intellect no <b>desktop/ celular</b> e agende uma sessão de <b>treinamento/ cuidados/ holística</b>.</p> <p> <b>Na Internet</b></p> <ol style="list-style-type: none"> <li>1. <b>Acesse <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) e clique em "Cadastrar-se"</b></li> <li>2. <b>Insira o código de acesso CÓDIGO*/ Clique em "Continuar com o SSO"**.</b></li> <li>3. <b>Crie sua conta usando seu endereço de e-mail de trabalho</b></li> </ol> <p> <b>No aplicativo</b></p> <ol style="list-style-type: none"> <li>1. <b>Selecione "I'm new here" e em seguida "With your organisation"</b></li> <li>2. <b>Utilize o código CÓDIGO*/ Clique em "Continue with SSO"**.</b></li> <li>3. <b>Registre-se usando seu endereço de e-mail de trabalho</b></li> </ol> <p><b>*use o código de acesso exclusivo da sua organização</b>  <b>**somente para organizações com SSO</b></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><a href="#">PNG version</a>  <a href="#">PDF version</a></p>

**Bahasa Melayu**

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<p> Buat kesilapan? Terima teguran yang pedas? Terlepas tarikh akhir? Sebelum anda menyalahkan diri sendiri, berhenti sejenak. Semua orang pernah melaluinya – dan mungkin tidak seteruk yang anda sangkakan.</p> <p>Kita sering terlalu kejam dengan diri sendiri dalam mengkritik, sedangkan kita patut jadi penyokong diri sendiri yang paling setia. Bulan ini, berikan diri anda ruang dan kasih sayang yang anda layak terima, serta memupuk semula cara anda berbicara kepada diri sendiri bersama Intellect, manfaat kesejahteraan kami.</p> <p>Jom tengok kandungan menarik seperti '<a href="#">Menghadapi Kritikan</a>' dan '<a href="#">Membangunkan Belas Kasihan Diri</a>' di platform untuk sokongan lebih lanjut dalam perjalanan kebaikan diri anda!</p> <p>Jika anda belum bermula, dapatkan Intellect pada <b>komputer/ alat mudah alih</b> anda untuk menempah sesi <b>bimbingan/ penjagaan/ menyeluruh</b>.</p> <p> <b>Di Web</b></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><a href="#">PNG version</a>  <a href="#">PDF version</a></p>

1. Lawati [app.intellect.co](http://app.intellect.co) (please hyperlink here)
2. Masukkan kod akses CODE\*/ Klik "Continue with SSO"
3. Cipta akaun menggunakan alamat e-mel kerja anda

 Di Aplikasi

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

\*sila gunakan kod akses unik organisasi anda

\*\*hanya untuk organisasi dengan SSO