


Self-Care and Self-Compassion

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

This quarterly campaign prompts individuals to reflect on blockers they might face when it comes to practising self-care and self-compassion in the midst of hectic times – because it’s easier to stick to routines, even if they’re wearing one down, than to take a needed pause.

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: 22 September 2025

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<p>🧑 When life moves fast, self-care takes a backseat. It’s simpler to stick to familiar routines (even if they’re draining) than to pause to say, ‘I need a break’; we tend to find comfort in habits, regardless if they’re bad or good.</p> <p>But it doesn’t have to be that way. Intellect, our wellbeing benefit, encourages us to reflect and identify what might be preventing us from showing self-compassion, especially when we need it most.</p> <p>Try out the Reflection Journal on the Intellect platform to keep track of your thoughts!</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, 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>PNG version PDF version GIF version</p>  <p>Still struggling to show yourself self-compassion? Speak to a mental wellbeing professional today. app.intellect.co</p>

Simplified Chinese

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<p>🧑 当生活节奏加快时，我们可能会忽视自我关怀。比起停下来对自己说一句“我需要休息一下”，我们更容易陷在熟悉的日常习惯里（即使这些习惯让人精疲力竭）。因为无论好坏，习惯总能给人带来一点安全感。</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>

但完全不必这样做。Intellect 鼓励大家停下脚步，反思并找出阻碍我们展现自我关怀的因素，尤其是在最需要自我关怀的时候。

欢迎访问 Intellect 平台，试用【[反思日记](#)】功能，记录个人想法

如果还没用过Intellect, 现在就用 [电脑或手机](#) 开始体验, 预约 [辅导](#)、[关怀](#) 或 [整体健康](#) 服务吧。

🖥️ 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

[PNG version](#)

[PDF version](#)

Traditional Chinese

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🧑 當生活步調飛快時，我們常常會把自我照顧擱在一旁。與其停下來對自己說：「我需要休息一下」，我們更容易依賴熟悉的日常（即便那些習慣其實讓人疲憊）。我們總是在習慣中尋求安慰，不論這些習慣是好是壞。

但生活不一定要這樣過。Intellect 這項心理健康福利，鼓勵你花點時間反思，思考是什麼阻礙了我們在最需要的時候，善待自己、練習自我同理。

不妨到 Intellect 平台試試【[反思日記](#)】，記錄一下自己的心情和想法吧！

如果您們還沒有準備好，現在就透過 [電腦](#) / [手機](#) 使用 Intellect，預約 [輔導](#) / [關懷](#) / [全面課程](#) 吧！

🖥️ 網頁版

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

📱 App版

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

*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

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](#)

Thai

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🧑 เมื่อชีวิตดำเนินไปอย่างรวดเร็ว การดูแลตัวเองจึงมักถูกละเลย เรามักเลือกทำตามกิจวัตรเดิม ๆ (แม้ว่าจะทำให้เหนื่อยจนหมดแรงก็ตาม) แทนที่จะหยุดสักพักแล้วบอกตัวเองว่า “ขอพักก่อนนะ” เพราะความเคยชินทำให้รู้สึกปลอดภัย ไม่ว่าจะดีหรือไม่ดีก็ตาม

แต่จริง ๆ แล้ว เราไม่จำเป็นต้องเป็นแบบนั้นเสมอไป Intellect เพื่อนที่ห่วงใยในสุขภาพของคุณ อยากชวนทุกคนลองหยุดคิดและสำรวจดูว่า อะไรบ้างที่ทำให้เราไม่ใส่ใจกับตัวเองเวลาที่เรากำลังต้องการมากที่สุด

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](#)

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ลองใช้ [ไดอารี่สะท้อนความคิด](#) บนแพลตฟอร์มของ Intellect เพื่อบันทึกความคิดและความรู้สึกของคุณดูสิ!

หากคุณยังไม่ได้เริ่มใช้งาน Intellect ใน [เดสก์ท็อป/ โน้ตบุ๊ก](#) เพื่อเริ่มต้นการจองเซสชัน [การฝึกสอน/ การดูแล/ องค์กรรวม](#)

ผ่านเว็บไซต์

1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก "สมัครใช้งาน"
2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO"***
3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี


ผ่านแอป

1. เลือก "I'm new here" ตามด้วย "With your organisation"
2. ใช้รหัส CODE*/ คลิกที่ "Continue with SSO"***
3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน



*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ

**สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น




Vietnamese

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<p> Khi cuộc sống hối hả, chúng ta thường lơ là việc chăm sóc bản thân. Thay vì dừng lại và nói "Mình cần nghỉ ngơi", ta dễ rơi vào những thói quen quen thuộc (dù đôi khi nó khiến ta kiệt sức) bởi sự quen thuộc luôn tạo cảm giác an toàn, bất kể đó là thói quen tốt hay xấu.</p> <p>Nhưng không nhất thiết phải như vậy. Intellect – nơi trao cho bạn quyền lợi chăm sóc sức khỏe tinh thần - khuyến khích bạn dành chút thời gian suy ngẫm và nhận ra điều gì đang cản trở bạn đối xử tử tế với chính mình, nhất là những lúc bạn cần điều đó nhất.</p> <p>Hãy thử viết Nhật ký suy ngẫm trên nền tảng Intellect để theo dõi cảm xúc và suy nghĩ của chính mình nhé!</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên máy tính/ điện thoại để đặt lịch hẹn với chuyên gia khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện ngay hôm nay!</p> <h4>Trên máy tính</h4> <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 <h4>Trên ứng dụng</h4> <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>**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> 日々が忙しく過ぎていく中、自分をいたわる時間は後回しになりがち。慣れた習慣に頼る方が(それが実は疲れる習慣でも)、習慣を変えて「ちょっと休もう」と立ち止まるよりも簡単に感じられるものです。人は、良い習慣かどうかにかかわらず、「いつも通り」の中に安心感を見出そうとする傾向があります。</p> <p>ですが、それが当たり前である必要はありません。福利厚生プログラム「Intellect」は、自己への思いやり(セルフ・コンパッション)を妨げている要因に目を向け、自分をいたわるべき時に切り替える習慣作りをサポートしています。</p> <p>ぜひ Intellect の【リフレクションジャーナル】を使って、自分の気持ちを整理してみてくださいね。</p> <p>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。</p> <p> ウェブ版</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 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 <p> アプリ版</p> <ol style="list-style-type: none"> 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 <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> 바쁜 일상 속에서 자기 돌봄은 뒷전이 되기 마련입니다. "잠시 쉬어가도 괜찮아"라고 스스로에게 말하기보다는, 익숙하지만 나를 지치게 하는 습관을 계속 고수하는 일이 오히려 더 쉽다고 느껴질 때가 많죠. 좋은 습관이든 그렇지 않은 습관이든, 우리는 익숙함에서 위안을 찾곤 하기 때문입니다.</p> <p>하지만 꼭 그럴 필요는 없습니다. 웰빙을 지원하는 Intellect는 우리가 가장 힘들 때일수록 자기 자신을 더 깊이 이해하고, 무엇이 자기 돌봄을 방해하고 있는지 돌아보고 깨달도록 응원합니다.</p> <p>지금 Intellect 플랫폼에서 '성찰 일지'을 통활용해 당신의내 생각과 감정을 기록해 보세요!</p> <p>아직 하지 않으셨으면 컴퓨터 / 모바일 기기에서 Intellect로 시작하여 코칭 / 케어 / 종합 세션 예약을 시작해 보세요.</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>	<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>

<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>	
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Bahasa Indo

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<p> Saat hidup berjalan cepat, perawatan diri sering kali terabaikan. Kita cenderung tetap menjalani rutinitas yang sudah biasa (meskipun melelahkan), daripada berhenti sejenak dan berkata, "Aku perlu istirahat." Kita menemukan kenyamanan dalam kebiasaan, baik maupun buruk.</p> <p>Namun, tidak harus selalu seperti itu. Intellect, manfaat kesejahteraan yang kami miliki, mendorong kita untuk merenung dan mengenali apa saja yang mungkin menghalangi kita untuk menunjukkan belas kasih pada diri sendiri, terutama saat kita paling membutuhkannya.</p> <p>Coba fitur Jurnal Refleksi di platform Intellect untuk membantu Anda mencatat dan memantau pikiran Anda!</p> <p>Jika belum, mulailah dengan Intellect di perangkat desktop/ seluler untuk memesan sesi pelatihan/ perawatan/ holistik.</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>

Spanish

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<p> Cuando la vida va a toda velocidad, solemos dejar el autocuidado en segundo plano. Es más fácil quedarnos en las rutinas de siempre (aunque nos desgasten) que parar un momento y decir: "Necesito un descanso". Lo familiar, sea bueno o malo, siempre nos da cierta comodidad.</p> <p>Pero no tiene por qué ser así. Nuestro beneficio de bienestar, Intellect, nos anima a detenernos, reflexionar y reconocer qué nos impide ser compasivos con nosotros mismos, sobre todo cuando más lo necesitamos.</p> <p>¡Prueba el Diario de Reflexión en la plataforma de Intellect para anotar tus pensamientos!</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>

Si aún no lo has hecho, comienza con Intellect en tu **computadora o celular** y agenda tu sesión de **coaching/ bienestar/ cuidado holístico**.

En la web

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.

En la app

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.

*Usa el código único de acceso de tu empresa.

**Solo para empresas con SSO.

Portuguese (Brazilian)

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<p>🧑 Quando a vida está acelerada, o autocuidado costuma ficar de lado. É mais fácil seguir nas mesmas rotinas de sempre (mesmo que elas estejam te desgastando) do que parar e dizer: "Preciso de uma pausa". Afinal, o que é familiar – seja bom ou ruim – acaba trazendo conforto.</p> <p>Mas não precisa ser assim. O benefício de bem-estar Intellect convida você a refletir e identificar o que pode estar impedindo você de ser gentil consigo mesmo, principalmente nos momentos mais difíceis.</p> <p>Experimente o Diário de Reflexão na plataforma do Intellect e registre seus pensamentos por lá!</p> <p>Se você ainda não o fez, comece a usar o Intellect no desktop/ celular e agende uma sessão de treinamento/ cuidados/ holística.</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

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<p>🧑 Bila hidup terlalu sibuk, kita mudah abaikan penjagaan diri. Lebih senang kekal dalam rutin yang biasa (walaupun meletihkan) daripada</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>

berhenti sekejap dan berkata, "Saya perlukan rehat." Sebab rutin yang biasa – baik atau buruk – beri rasa selesa.

Tapi sebenarnya, tak perlu pun terus begitu. Manfaat kesejahteraan mental Intellect menggalakkan anda untuk luangkan masa berfikir dan kenal pasti apa yang mungkin halang anda daripada berbelas kasihan pada diri sendiri, terutamanya saat paling memerlukan.

Cuba gunakan [Jurnal Refleksi](#) di platform Intellect untuk catatkan fikiran dan perasaan anda!

Jika anda belum bermula, dapatkan Intellect pada **komputer/ alat mudah alih** anda untuk menempah sesi **bimbingan/ penjagaan/ menyeluruh**.

Di Web

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

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

[PNG version](#)

[PDF version](#)