

Preventive Care


Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Bahasa Melayu

Our 2026 Stress Awareness Month campaign shifts the focus from intervention to prevention. Managing stress and taking a pause shouldn't only happen when things feel overwhelming – small, consistent steps can build resilience and help people navigate challenges more steadily when stress arises.

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: 6 April 2026



English

Copy	Images to attach
<p>🧘 Stress doesn't just occur, it builds up over time.</p> <p>Daily pressures, constant demands, and limited recovery time can quietly accumulate into what's known as allostatic load: when the effects on stress become long-term. The good news? You can build buffers before burnout.</p> <p>This Stress Awareness Month, with our wellbeing benefit, Intellect, learn simple and effective preventive steps that help reduce the impact of stress and face future challenges with resilience!</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>Unsure how to begin? Chat with an Intellect professional today. app.intellect.co</p>

Simplified Chinese

Copy	Images to attach
<p>☹️ 压力不会突然出现，它是随着时间慢慢累积起来的。</p> <p>日常面临的压力、接踵而来的要求以及恢复时间不足的问题，都会悄无声息地累积，形成所谓的“非稳态负荷”。在这种状态下，压力开始对身体形成长期影响。但好消息是，在心力交瘁之前，你可以提前缓冲心情。</p> <p>在这个压力觉察月，和我们的身心健康福利平台 Intellect 一起了解一些简单又有效的预防方法，帮助减少压力带来的影响，让你更加从容地面对未来挑战。</p> <p>如果还没有用过 Intellect，请立即在 桌面/移动设备 上用它来开始预约 辅导、关怀或整体健康 课程。</p> <p> 桌面版</p> <ol style="list-style-type: none">1. 访问 app.intellect.co (please hyperlink here) 并点击“注册”2. 输入访问代码 CODE*/“使用 SSO 登入”**3. 使用工作邮箱创建账户 <p> 移动应用程序</p> <ol style="list-style-type: none">1. 选择“我是新用户”，然后选择“以组织身份加入”2. 输入访问代码 CODE*/点击“使用 SSO 登入”**3. 使用工作邮箱注册 <p>*请使用贵公司/机构的唯一访问代码 **仅适用于已启用单点登录 (SSO) 的公司/机构</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>

Traditional Chinese

Copy	Images to attach
<p>☹️ 壓力並不是突然出現的，而是隨著時間慢慢累積。</p> <p>日常的緊繃、接踵而來的任務，加上缺乏足夠的休息時間，會悄悄累積成所謂的「壓力超載」——讓身心處於長期的消耗狀態。好消息是？你可以在耗盡精力之前，先為自己建立心靈的緩衝區。</p> <p>響應這個壓力覺察月，和我們的身心健康福利 Intellect 一起了解一些簡單又有效的預防方法，幫助減少壓力的影響，讓你更有韌性地面對未來的挑戰。</p> <p>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！</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「我是新使用者」(I'm new here), 然後選擇「以組織身份」(With your organisation)2. 輸入登入代碼 CODE* / 點擊「使用 SSO 登入」(Continue with SSO)**3. 使用您的工作電子郵件創建帳戶 <p>*請使用您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

Copy	Images to attach
<p>😓 ความเครียดไม่ได้เกิดขึ้นทันที แต่ค่อย ๆ สะสมขึ้นตามเวลา</p> <p>แรงกดดันในแต่ละวัน ความคาดหวังที่ต่อเนื่อง และเวลาพักผ่อนที่ไม่เพียงพอ อาจค่อย ๆ สะสมจนเกิดสิ่งที่เรียกว่า ภาวะความเครียดสะสมเรื้อรัง (allostatic load) — เมื่อผลกระทบของความเครียดเริ่มกลายเป็นเรื่องระยะยาว ขาวดีคือ คุณสามารถสร้าง “กันชน” ป้องกันก่อนจะหมดไฟได้</p> <p>ในเดือนแห่งการตระหนักรู้เรื่องความเครียด (Stress Awareness Month) นี้ มาร่วมกับสวัสดิการด้านสุขภาพของคุณ Intellect เพื่อเรียนรู้วิธีป้องกันความเครียดแบบง่าย ๆ แต่ได้ผล ช่วยลดผลกระทบของความเครียด และรับมือกับความท้าทายในอนาคตได้อย่างยืดหยุ่นมากขึ้น</p> <p>หากคุณยังไม่เคยใช้งานมาก่อน คุณสามารถเริ่มใช้งาน Intellect ได้ทั้งบนเดสก์ท็อป/ โน้ตบุ๊ก เพื่อเริ่มต้นการจองเซสชัน การโค้ช/การดูแล/แบบองค์รวม</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 “ฉันเป็นผู้ใช้ใหม่” (I’m new here) ตามด้วย “เข้าใช้งานด้วยองค์กรของคุณ” (With your organisation)2. ใช้รหัส CODE*/ คลิกที่ “ดำเนินการต่อด้วย SSO” (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>

Vietnamese

Copy	Images to attach
<p>😓 Căng thẳng không tự nhiên xuất hiện — nó tích tụ dần theo thời gian.</p> <p>Áp lực hằng ngày, những đòi hỏi liên tục và thời gian phục hồi quá ít có thể âm thầm tích tụ thành gánh nặng do căng thẳng kéo dài, khiến cơ thể bị bào mòn theo thời gian. Tin vui là bạn hoàn toàn có thể tạo ra những “vùng đệm” bảo vệ trước khi rơi vào trạng thái kiệt sức.</p> <p>Trong Tháng nêu cao nhận thức về tình trạng căng thẳng này, cùng với phúc lợi chăm sóc sức khỏe tinh thần Intellect, hãy tìm hiểu những bước phòng ngừa đơn giản nhưng hiệu quả để giảm tác động của căng thẳng và vững vàng hơn trước những thử thách phía trước.</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> <p>Trên máy tính</p> <ol style="list-style-type: none">1. Truy cập app.intellect.co (please hyperlink here)2. Nhập mã truy cập CODE* / Nhấn “Continue with SSO” (Tiếp tục với chế độ Đăng nhập một lần (SSO))**3. Tạo tài khoản bằng email công việc của bạn <p>Trên ứng dụng</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. Chọn “I’m new here” (Tôi là người mới), sau đó chọn “With your organisation” (Với tổ chức của bạn) 2. Nhập mã truy cập CODE* / Nhấn “Continue with SSO” (Tiếp tục với chế độ Đăng nhập một lần (SSO))** 3. Đăng ký bằng địa chỉ 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>	
---	--

Japanese




Copy	Images to attach
<p>☹️ ストレスは突然現れるものではなく、時間をかけて少しずつ積み重なっていくもの。</p> <p>日々のプレッシャーや絶えない要求、そして十分な回復時間が取れない状態が続くことで、アロスタティック負荷と呼ばれる状態につながる可能性があります。これは、ストレスの影響が長期的に心身へ蓄積した状態です。ですが、燃え尽きてしまう前に、あらかじめ負担を和らげる“バッファ”をつくるのが可能です。</p> <p>このストレス啓発月間に、ウェルビーイングサービス Intellect と一緒に、ストレスの影響を軽減するシンプルで実践しやすい予防策を学びましょう。そして、これからの挑戦にも前向きに向き合えるレジリエンスを育てていきましょう。</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


Copy	Images to attach
<p>☹️ 스트레스는 어느 날 갑자기 찾아오는 것이 아니라, 서서히 쌓입니다.</p> <p>매일 마주하는 부담감과 끊임없는 요구, 부족한 휴식 시간이 알게 모르게 누적되면, 결국 만성적인 스트레스 상태인 '알로스타틱 부하'로 이어질 수 있습니다. 하지만 다행히도, 완전히 지치기 전에 마음의 방패를 미리 단단히 세울 수 있습니다.</p> <p>이번 스트레스 인식의 달을 맞아, 웰빙 혜택인 Intellect와 함께 스트레스의 영향을 줄이고 앞으로의 어려움도 씩씩하게 이겨낼 수 있는 간단하고 효과적인 예방 단계를 배워보세요!</p> <p>아직 시작하지 않으셨다면, 데스크톱 / 모바일 기기에서 Intellect에 접속하여 코칭 / 케어 / 종합 세션 예약을 시작해 보세요.</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> 웹에서 이용하기</p> <ol style="list-style-type: none"> 1. app.intellect.co 접속하기 (please hyperlink here) 2. 액세스 코드 CODE*를 입력하거나 / “SSO로 시작”을 클릭하기 3. 업무용 이메일 주소로 계정 생성하기 <p> 앱에서 이용하기</p> <ol style="list-style-type: none"> 1. “I’m new here” (신규 회원 가입) 선택 후 “With your organisation” (회사 계정으로 가입) 선택하기 2. 코드 CODE*를 입력하거나 / “SSO로 시작” 클릭하기 3. 업무용 이메일 주소로 가입하기 <p>*귀하의 조직에 해당하는 고유한 액세스 코드를 사용하세요 **SSO를 사용하는 조직에만 해당합니다</p>	
---	--

Bahasa Indo

Copy	Images to attach
<p> Stres tidak muncul begitu saja – tapi terbentuk dan menumpuk seiring waktu.</p> <p>Tekanan sehari-hari, tuntutan yang terus-menerus, dan waktu pemulihan yang terbatas dapat perlahan menumpuk menjadi apa yang dikenal sebagai beban alostatik (<i>allostatic load</i>), yaitu ketika dampak stres mulai bersifat jangka panjang. Kabar baiknya? Anda bisa membangun “penyangga” sebelum kelelahan akibat stres (<i>burnout</i>) terjadi.</p> <p>Dalam rangka Bulan Kesadaran Stres (<i>Stress Awareness Month</i>), melalui manfaat kesejahteraan dari Intellect, pelajari langkah-langkah pencegahan yang sederhana dan efektif untuk membantu mengurangi dampak stres serta menghadapi tantangan di masa mendatang dengan lebih tangguh.</p> <p>Jika kamu belum melakukannya, 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 “Continue” 2. Masukkan kode akses CODE*/ Klik “Continue with SSO”** 3. Buat akun menggunakan alamat email kantormu <p> Di Aplikasi</p> <ol style="list-style-type: none"> 1. Pilih “I’m new here”, lalu “With your organisation” 2. Masukkan kode akses CODE*/ Klik “Continue with SSO”** 3. Daftar menggunakan alamat email kantormu <p>* gunakan kode akses unik organisasimu **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>

Bahasa Melayu

Copy	Images to attach
<p> Stres tidak berlaku secara tiba-tiba, ia sebenarnya terkumpul sedikit demi sedikit dari masa ke masa.</p> <p>Tekanan harian, tuntutan yang berterusan, serta masa pemulihan yang terhad boleh perlahan-lahan terkumpul menjadi apa yang dikenali sebagai beban alostatik (<i>allostatic load</i>), iaitu apabila kesan stres mula memberi impak jangka panjang kepada tubuh. Berita baiknya? Anda boleh membina “pelindung” sebelum burnout berlaku.</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>

Sempena Bulan Kesedaran Stres ini, bersama manfaat kesejahteraan Intellect, pelajari langkah pencegahan yang mudah tetapi berkesan untuk membantu mengurangkan kesan stres dan menghadapi cabaran masa hadapan dengan lebih berdaya tahan.

Jika anda belum berbuat demikian, mulakan perjalanan anda dengan Intellect di **komputer/ alat mudah alih** anda untuk menempah sesi **kejurulatan/ penjagaan/ menyeluruh**.

 **Di Web**

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

 **Di Aplikasi**

1. Pilih 'Saya pengguna baharu di sini' (I'm new here), kemudian 'Dengan organisasi anda' (With your organisation)
2. Masukkan kod CODE*/ Klik "Teruskan dengan SSO" (Continue with SSO)**
3. Daftar menggunakan alamat e-mel kerja anda

*sila gunakan kod akses unik organisasi anda

**hanya untuk organisasi dengan SSO