

Men's Health Month

For Men's Health Month, we're sharing a campaign that spotlights how balance isn't equal, but shaped by context and daily needs. Through this, individuals can achieve a balance that works for themselves—maximising their performance and sustaining their wellbeing over time.

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: 1 June 2026

Copy

👉 Men are often faced with the societal pressure to 'tough it out' no matter how demanding life gets. However, operating at 100% all the time can make it harder to manage emotions, recover from pressure, and stay mentally resilient over time.

Recognising when to push forward, slow down, or reset is an important part of maintaining wellbeing and performance. With Intellect, learn how to better manage your resources based on what your day actually needs and discover how strength lies in balance.

If you haven't already, get started with Intellect on **desktop/ mobile** to start booking a **coaching/ care/ holistic** session.

🖥️ On Web

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

📱 On App

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

***please use your organisation's unique access code**

****for organisations with SSO only**

Images to attach

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.

[PNG version](#)

[PDF version](#)

[GIF version](#)

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Balance Isn't 50/50: Managing Performance and Health

What does today look like?	What you can do:
High-demand 	• Reduce non-essential tasks • Work in focused blocks (45-90 mins) • Take 3-5 mins breaks in between
Moderate-demand 	• Keep a reasonable workload • Alternate between deep work and light tasks to sustain focus
Low-demand 	• Complete small tasks to maintain momentum • Plan upcoming priorities • Clear mental and digital clutter

Let's find a balance that works for you together.
app.intellect.co