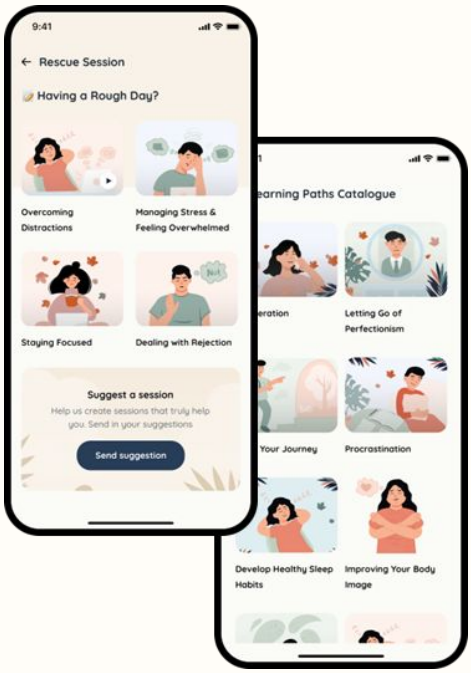
Intellect Proactive:
Self-care Learning Paths & Journals

Self-care programmes | Daily wellness activities | Individual wellbeing dashboard

SELF GUIDED TOOLS AT YOUR FINGERTIPS

Daily Tools
Simple mindfulness exercises for your daily routine such as deep breathing and soothing music.

Personal Insights
Identify your key strengths and areas of growth, get a personalised plan, and track changes over time.



Guided Journaling
Gain deeper understanding of your thoughts & feelings: gratitude, problem-solving, emotions, and more

Wellbeing Check-ins
Track your mood & stress, and get a report of your wellbeing trends.

Rescue Sessions
Stand-alone sessions for in-the-moment support: procrastination, feeling lost, stress, and more

Learning Paths
To build skills for everyday challenges and resilience: emotion regulation, decision-making, healthy habits, and more

Your daily habit for lasting behavioural changes

- 5-minute wellbeing check-ins
- In-app mood and stress level tracker
- Programmes based on Cognitive Behavioral Therapy (CBT)