oroov

6 Pillars of Wellbeing

Research shows if you do something from each of these 6 Pillars every day, it will help you feel good, function better, and bounce back from stress.

They may be small daily actions, but they can lead to big improvements in wellbeing. Often, actions cover more than one pillar, so they're easy to fit into your day.



Download the Groov app to learn more about our 6 Pillars and discover tools to weave them into your day





Chill

Calm the body and mind. Be present.

- Practise deep breathing
- Pause and connect with all five senses
- Do some stretching
- Step outside



Keep learning. Get creative.

- Learn something new
- Start a DIY project
- Do a brain teaser
- Take a quiz
- Do a puzzle
- Doodle



Build relationships.

Boost connection.

- Contact a friend
- or loved one • Volunteer
- Say thank you to a colleague
- Join a club or team
- Host a games night

Move Stay active. Feel

energised.

- Do some stretches
- Go for a walk
- Try a yoga pose
- Declutter
- Do some light • chores
- Have a dance



Enjoy

Practise self-care. Focus on fun.

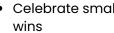
- Watch some comedy
- Smile for an instant boost
- Plan things to look forward to
- Prioritise having fun

Feel good. Function better. Find your Groov.

Find gratitude. Live your values.

- good things
- values

thing you're doing well



Celebrate

• Notice three

• Reflect on your

• Write down one

Celebrate small



6 Pillars Worksheet

Fill out the fields below to create your own 6 Pillars plan

