

# 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



## Do

**Keep learning. Get creative.**

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



## Connect

**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



## Celebrate

**Find gratitude. Live your values.**

- Notice three good things
- Reflect on your values
- Write down one thing you're doing well
- Celebrate small wins



## 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.**

# 6 Pillars Worksheet

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

## 1 What matters most to you?

Write down three things you value:

## 2 What are you interested in?

Write down three of your interests:

## 3 What are you good at?

Write down three of your strengths:

## 4 Choose some 6 Pillar activities

Note some activities you'd like to try.

**Chill:**

**Move:**

**Do:**

**Celebrate:**

**Connect:**

**Enjoy:**

## 5 DOT: Do One Thing

Write down one thing you'll try first.