

Groov's 6 Pillars of Wellbeing

The 6 Pillars to
build resilience
and help you
thrive every day

Do at least one thing
a day from each of our
6 Pillars to feel good,
function well, and
bounce back from stress.

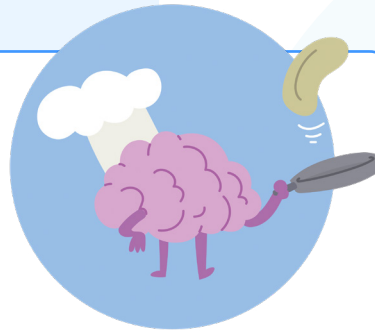
Over time, you'll feel
more positive, resilient,
and able to get the most
out of life.



CHILL

Calm the body
and mind.
Be present.

- Practise deep breathing with the Breathing Tool in the Groov app
- Pause and connect with all five senses
- Release your worries with the Worry Map in the Groov app
- Do some stretching
- Have a massage
- Immerse yourself in nature



DO

Keep learning.
Get creative.

- Learn something new
- Start a new DIY project
- Do a brain teaser
- Take a quiz, do a puzzle or crossword
- Do some knitting or crafting
- Watch a documentary
- Listen to a podcast
- Do some doodles or draw
- Practise creative writing
- Take some photos



CONNECT

Build relationships.
Boost connection.

- Text or call a friend
- Catch up with someone you care about
- Join a club or team
- Host a games night
- Volunteer in your community
- Write and send a letter
- Say thank you to someone you work with
- Remove distractions in social situations, like smartphones



MOVE

Stay active.
Feel energised.

- Do some stretches
- Go for a walk
- Hit the gym
- Take an exercise class
- Have a dance
- Play a physical game
- Practise a yoga pose
- Do a high intensity workout



CELEBRATE

Find gratitude.
Live your values.

- Celebrate the small wins
- Live by your values everyday
- Think of three things you're proud of
- Write down one thing you're doing well
- Write down three things you're grateful for



ENJOY

Practice self-care.
Focus on fun.

- Watch some comedy
- Phone a friend who makes you laugh
- Savour your favourite foods
- Notice something that makes you happy
- Prioritise having fun
- Go to bed at the same time every night
- Plan things to look forward to
- Smile for an instant boost



Download the Groov app to learn more
about our 6 Pillars and discover tools
and techniques to boost your wellbeing.



6 Pillars worksheet

Ready to find your Groov? Fill out the fields below to get started.
Don't forget to save!

Your Name:

1 What matters most to you? Note three things you value.

2 What are you interested in? Note three of your interests.

3 What are you good at? Note three of your strengths.

4 Note down some 6 Pillar activities you'd like to build into your routine.

Chill:

Do:

Connect:

4 cont. Note down some 6 Pillar activities you'd like to build into your routine.

Move:

Celebrate:

Enjoy:

5 **DOT (Do One Thing).** Note down the one thing you'll start with first.

