

The Power of **PACE**

P is for Pause

Take brief moments to recharge. Just 2 minutes of deep breathing can calm stress and refocus your mind.

A is for Acknowledge & Reframe

Recognise stress and see it as helpful. Shifting your mindset can improve performance and reduce anxiety.

C is for Celebrate Progress

Track and celebrate small wins toward your goals. It boosts motivation and keeps you on track.

E Emphasise Purpose

Remember your "why." Connecting your work to what matters most helps you stay energised and focused.



Download the Groov App for more ways to stay in your Groov every day.

