

# All About the **Enjoy Pillar** of Wellbeing



## **Enjoy**

**Practise self-care.  
Focus on fun.**

**Watch some comedy**

**Smile for an instant boost**

**Plan things to look forward to**

**Prioritise having fun**

## **Did you know?**

When we do things each day that we enjoy it can help us feel happier and become more resilient - particularly in times of uncertainty. Even just knowing you have moments of pleasure planned into your day or week can give you a boost and help you cope better with stresses and strains.

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