

GrowLu

Where Golu meets Maslow

ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮೆಟ್ಟಿಲುಗಳು

A fusion of art, culture, tradition, and science

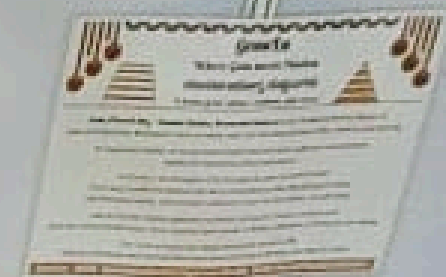
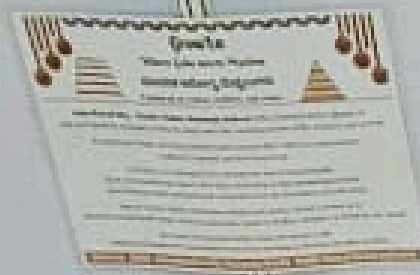
Golu (“ಗೊಂಬೆ ಹಬ್ಬ” Gombe Habba, Bommala Koluvu) is the Dussehra festive display of dolls and figurines, arranged in tiers on steps, each tier narrating stories of life, creation, and growth.

At Augmenta Health, we bring mental health beyond clinic walls into communities, making it a layered and lived experience.

In GrowLu, we reimagine Golu through the lens of mental health. Each step transforms science into story, reminding us that physiological health, psychological safety, and personal connection form the foundation of well-being.

Just as Gombe Habba celebrates evolution and ascent, GrowLu invites us to climb the mental health steps—from meeting basic needs, to finding validation, to living by our values.

Our work at Augmenta Health brings this ascent to life, helping individuals and communities move from surviving to thriving, one step at a time.



STEP 5 - SELF-ACTUALISATION

Living by my values helps me support and uplift my community

What guides my choices and gives my life meaning?

A life guided by my values is a life of purpose

STEP 4 - ESTEEM NEEDS

Self-belief motivates me to uplift others

What makes me feel confident and capable?

Self-love and self-respect help me to love and respect others

STEP 3 - LOVE & BELONGING

Feeling connected enhances my self-belief

Who or what helps me feel connected and supported?

Trust and connection bring me joy and fulfilment

STEP 2 - SAFETY NEEDS

Feeling safe helps me open up and connect

Where helps me feel safe, steady, and secure?

Psychological safety leads to trust and connection

STEP 1 - PHYSIOLOGICAL NEEDS

Caring for my body makes me feel good

What helps my body feel calm, nourished, and well-cared for?

Being strong, energised, and healthy leads to a life of purpose

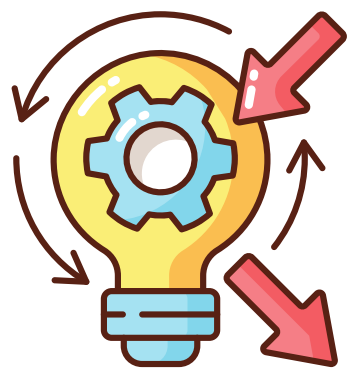


GrowLu

Objects & Significance

STEP 1 – PHYSIOLOGICAL NEEDS

Caring for my body calms my mind



What helps my body feel calm,
nourished, and well cared for?

An active, nourished, hydrated, and rested body
lays the foundation for psychological safety.

Step 1 – Physiological Needs

♀ **Physical Activity (Move mindfully)**

Movement represents life's rhythm. Physical activity oxygenates the brain, releases endorphins and regulates mood chemistry. It's the first bridge between body energy and emotional balance.

Body Nourishment (Eat wholesome)

Nutrition fuels not only muscles but neurotransmitters, vitamins B-complex, D, and omega-3s, which influence serotonin and dopamine. A colourful plate equals a balanced brain.

Sleep Hygiene Kit (Rest & Recharge)

Sleep is the body's built-in therapy. During deep stages, memories consolidate and stress hormones drop.

Water Bottle (Hydrate regularly)

Water sustains every cellular and cognitive process. Even 1–2% dehydration impairs focus and memory.

Sun Doll (Get sunlight daily)

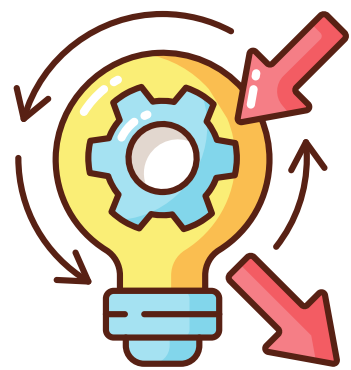
Sunlight anchors circadian rhythm, boosts vitamin D, and triggers serotonin. It symbolises renewal; every sunrise resets biological and emotional clocks.

Stones Stacked (Balance is the key)

The stacked stones remind us that equilibrium is dynamic. Just like balance poses in yoga, small adjustments keep stability under shifting weight – symbolic of maintaining physiological & mental harmony.

STEP 2 – SAFETY NEEDS

Feeling safe helps me open up and connect



What helps me feel
safe, steady, and secure?

Psychological safety
builds trust and connection.

Step 2 – Safety Needs

Boundaries (Secure your space)

Boundaries create emotional architecture – the fence that protects one's peace. Neuroscience shows that predictability and control lower cortisol and calm the limbic system.

Money Bank (Save resources wisely)

Financial clarity equals psychological safety. Seeing small savings grow releases dopamine and lowers anxiety, a visible reminder that control is possible.

Umbrella (Stay prepared. Stay flexible)

A symbol of preparedness and resilience. Planning for rainy days – whether emotional or financial – activates the brain's prefrontal cortex, reducing stress from uncertainty.

Mini Houses & Glass House Lamp (Express safely)

Shelter represents safety and warmth. Light within glass symbolises psychological transparency, being safe to be seen as you are.

Mini Whiteboard Planner (Build a routine)

Planning tasks gives you control over time and prevents overthinking. Behavioural science calls this “cognitive offloading,”

Sand Timer (Manage time)

Time boundaries protect focus. The sand timer turns procrastination into progress – one visible minute at a time.

Relaxation / Affirmation Cubes | Now Cube | (Anchor self)

Tactile grounding objects stimulate the sense of touch, which activates parasympathetic calm. Each turn, trace, or phrase recenters awareness in the “now.”

Emotional First Aid Kit (Regulate emotions)

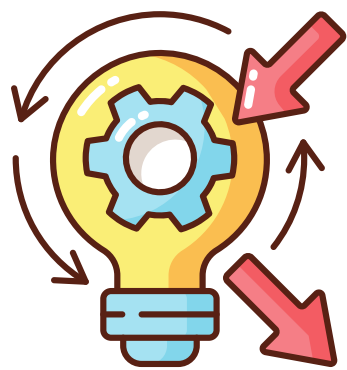
A tangible kit for mental emergencies – grounding cards, soothing scent, helpline number. Just seeing it builds perceived control.

Worry Dolls

Originating from Guatemalan tradition, worries are transferred to dolls before sleep. Psychologically, this symbolic release reduces rumination and promotes rest.

STEP 3 – LOVE & BELONGING

Feeling connected enhances my self-belief



Who or what helps me feel
connected and supported?

Trust and connection
nurture self-belief and confidence.

Step 3 – Love & Belonging

Family & Friends (Nurture belonging & Connect playfully)

Togetherness nurtures oxytocin – the bonding hormone that buffers against stress. Each figurine reflects shared laughter, protection, and trust.

Mini Sitting Dog (Build trust)

Pets symbolize unconditional acceptance – contact comfort proven to lower cortisol and blood pressure.

Tree & Coffee Tables (Catch up regularly)

Nature and conversation both ground us. Shared spaces like coffee tables turn dialogue into belonging – the social form of self-care.

Conversation Starter Deck (Engage meaningfully)

Prompts that invite depth. Talking openly releases emotional pressure, normalizes feelings, and strengthens empathy circuits.

Ears & Eyes (Listen actively)

Active listening is the purest form of care. Eye contact and attuned presence reduce loneliness and signal psychological safety.

Mini Park Bench with Grandparents (Cultivate comfort)

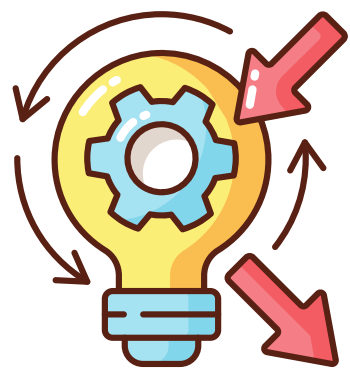
Represents intergenerational connection – storytelling builds meaning and belonging across time.

Bridges (Communicate)

Repairing after conflict deepens trust and maturity, a symbol of forgiveness and reconnection.

STEP 4 – ESTEEM NEEDS

Self-belief motivates me to uplift others



What makes me feel
confident and capable?

Self-belief and confidence
fuel purpose and growth.



Step 4 – Esteem Needs

Mini Mirror with Affirmations (Affirm gently)

Self-affirmation boosts neural activity in reward centers, making confidence a learned pattern. Mirrors remind us that reflection precedes growth.

Medals / Trophies (Embrace effort, reward progress)

Recognizing effort (not just results) releases dopamine and builds mastery motivation.

Darts (Align goals)

Goal setting aligns motivation with purpose. Each bullseye is a reminder that clarity breeds confidence.

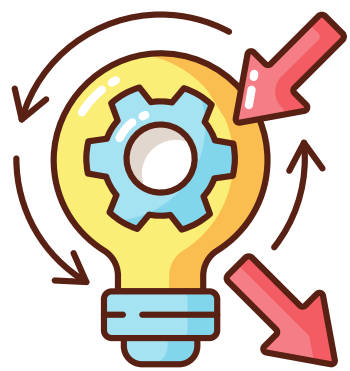
♠ **King, Queen, Jack, Joker Cards (Celebrate difference)**

The King, Queen, Jack, and Joker represent roles, strengths, and individuality, exactly what esteem is about.

- King: Leadership, self-mastery, discipline
- Queen: Confidence, self-worth, inner authority
- Jack: Effort, persistence, skill development
- Joker: Playfulness, flexibility, creativity, breaking rigid self-judgment.

STEP 5 – SELF-ACTUALISATION

**Living by my values helps me
support and uplift my community**



What guides my choices
and gives my life meaning?

A life guided by values and purpose
grows toward fulfilment.

Step 5 – Self-Actualisation

Augmenta Health The Val-You Book (Live your values)

A reflection guide that turns introspection into insight. Journaling improves emotional clarity and helps align choices with values.

Gratitude Box (Practice gratitude)

Daily gratitude rewires neural pathways toward optimism and resilience. Small notes build big hope.

Lotus Diyas (Resilience)

A lotus rising from the mud mirrors human resilience. Light represents insight emerging from struggle.

Zen Monk (Discover purpose)

Monk symbolises mindfulness and balance.

Calm awareness enhances creativity and compassion.

Treasure Box with Crystals (Treasure yourself)

Each crystal represents clarity and growth.

Collecting them mirrors recognising one's strengths and milestones.

Shells with Pearls (Stay precious)

Pearls form through friction – a metaphor for transformation through adversity. Struggle refines strength.



GrowLu

Golu for Mental Health

We're grateful for your interest in our work.
If you choose to recreate, adapt, or build on it,
we warmly invite you to acknowledge
the original idea and source.