



12 Rocks Of Well-Being

- Rock 1 – Sleep – 8-9 Hours a night
- Rock 2 – Exercise – 20 mins per day
- Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar
- Rock 4 – Mindfulness – be present without judgement 5-10 mins
- Rock 5 – Mind Wandering – allow your mind to social problem solve
- Rock 6 – Manage Emotions – notice, accept, share with trust
- Rock 7 – Walk Outside in Nature
- Rock 8 – Listen to Music – 20-30 minutes
- Rock 9 – Connect meaningfully with friends and family
- Rock 10 – Gratitude and Kindness- express both explicitly each day
- Rock 11 – Engage in activities important to your life's purpose
- Rock 12 – Learn, Play, Create, Read



Home Start South and West Devon Home Start's mission is to be there for parents when they need us most. We would like to offer our non-judgemental, emotional support to as many people as we can. We are therefore opening up our support to all parents with a child under 18. Our volunteers will provide a listening ear, words of support and encouragement and signposting and support to access services digitally. For further details go to: www.homestart-southand-



Adaptability

Be like bamboo, learn to be flexible and let go of the small stuff. It can improve your wellbeing.

Collaboration

Play a board or an outdoor game together with friends or family.

Courage

Taking a cold shower can help boost our happiness levels – are you brave enough to try??



Creativity

Creating music, art and laughing boosts endorphins which helps our wellbeing. Practise all three as much as you can!

Curiosity

Go for a walk to somewhere new and collect moss, leaves and dirt for an eco-box.

Empathy

Watch a film together and have a think about what different characters were thinking and feeling in the story.

Enthusiasm

Put on a show with your family – include songs, dance, music, drama.



Fairness

Play a new board game or make one up! How can you make sure it's fair for everyone?

Good Sense

Wellbeing depends on us eating the right foods. Do your research and make a chart of good-mood-foods.

Gratitude

Create a colourful poster of everything you are grateful for.

Humility

Go for a walk and look for the tallest tree you can find. How does it make you feel to be standing under something so huge?

Initiative

Create an art gallery of your creative work. Build it up over a few weeks and invite people to view it.



Integrity

Can you tidy your room, do the dishes or make someone a cup of tea – without being asked to?

Kindness

Make a list of different ways you can be kind. Try and tick them off each day.

Motivation

Boost your dopamine (which is one of the happiness chemicals) by making a daily plan and setting long term goals.

Optimism

Make a list of things that you are looking forward to – today, this week, this month, this year and in your life!

Perseverance

Exercising every single day increases all our happiness levels (dopamine, oxytocin, serotonin and endorphin).

Resilience

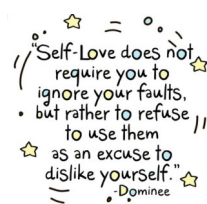
If there is something you want to change but can't, think about how you can change your attitude towards it.

Self-discipline

Plan a screen-free day – no phones, devices or even television – no peeking allowed!

Tolerance

Can you stay calm even round those you don't agree with? Practice meditation – sit quietly and breathe slowly.



Make yourself a priority