

Stability Rocks

"Stability Rocks" are practices that add something reliable to your life when it feels like things are spinning out of control - these are some things that can stabilise you and that you can control!

Add appropriate bed and wake up times to the required headings and try to gain each "rock" every day over the next week. Tick each box as you achieve your "rocks".

Ate Breakfast, Lunch and Dinner

- | | |
|--|---|
| ☐ B ☐ L ☐ D Monday | ☐ B ☐ L ☐ D Friday |
| ☐ B ☐ L ☐ D Tuesday | ☐ B ☐ L ☐ D Saturday |
| ☐ B ☐ L ☐ D Wednesday | ☐ B ☐ L ☐ D Sunday |
| ☐ B ☐ L ☐ D Thursday | |

Did at least 15mins of Exercise

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|------------------------------------|-----------------------------------|
| ☐ Monday | ☐ Friday |
| ☐ Tuesday | ☐ Saturday |
| ☐ Wednesday | ☐ Sunday |
| ☐ Thursday | |

Woke up at:.....am

- | | |
|------------------------------------|-----------------------------------|
| ☐ Monday | ☐ Friday |
| ☐ Tuesday | ☐ Saturday |
| ☐ Wednesday | ☐ Sunday |
| ☐ Thursday | |

Went to bed at:.....pm

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|------------------------------------|-----------------------------------|
| ☐ Monday | ☐ Friday |
| ☐ Tuesday | ☐ Saturday |
| ☐ Wednesday | ☐ Sunday |
| ☐ Thursday | |

Reached out to a Friend

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|------------------------------------|-----------------------------------|
| ☐ Monday | ☐ Friday |
| ☐ Tuesday | ☐ Saturday |
| ☐ Wednesday | ☐ Sunday |
| ☐ Thursday | |

