

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”.

Woke up at:.....am

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Sunday |
| <input type="checkbox"/> Thursday | |

Ate Breakfast, Lunch and Dinner

- | | |
|--|---|
| <input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D Monday | <input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D Friday |
| <input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D Tuesday | <input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D Saturday |
| <input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D Wednesday | <input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D Sunday |
| <input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D Thursday | |

Went to bed at:.....pm

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Sunday |
| <input type="checkbox"/> Thursday | |

Did at least 15mins of Exercise

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Sunday |
| <input type="checkbox"/> Thursday | |

Reached out to a Friend

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Sunday |
| <input type="checkbox"/> Thursday | |

