



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-



<p>Adaptability</p> <p>Be like bamboo, learn to be flexible and let go of the small stuff. It can improve your wellbeing.</p>	<p>Collaboration</p> <p>Play a board or an outdoor game together with friends or family.</p>	<p>Courage</p> <p>Taking a cold shower can help boost our happiness levels – are you brave enough to try??</p> 	<p>Creativity</p> <p>Creating music, art and laughing boosts endorphins which helps our wellbeing. Practise all three as much as you can!</p>	<p>Curiosity</p> <p>Go for a walk to somewhere new and collect moss, leaves and dirt for an eco-box.</p>
<p>Empathy</p> <p>Watch a film together and have a think about what different characters were thinking and feeling in the story.</p>	<p>Enthusiasm</p> <p>Put on a show with your family – include songs, dance, music, drama.</p> 	<p>Fairness</p> <p>Play a new board game or make one up! How can you make sure it's fair for everyone?</p>	<p>Good Sense</p> <p>Wellbeing depends on us eating the right foods. Do your research and make a chart of good-mood-foods.</p>	<p>Gratitude</p> <p>Create a colourful poster of everything you are grateful for.</p>
<p>Humility</p> <p>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?</p>	<p>Initiative</p> <p>Create an art gallery of your creative work. Build it up over a few weeks and invite people to view it.</p>	<p>Integrity</p> <p>Can you tidy your room, do the dishes or make someone a cup of tea – without being asked to?</p>	<p>Kindness</p> <p>Make a list of different ways you can be kind. Try and tick them off each day.</p>	<p>Motivation</p> <p>Boost your dopamine (which is one of the happiness chemicals) by making a daily plan and setting long term goals.</p>
<p>Optimism</p> <p>Make a list of things that you are looking forward to – today, this week, this month, this year and in your life!</p>	<p>Perseverance</p> <p>Exercising every single day increases all our happiness levels (dopamine, oxytocin, serotonin and endorphin).</p>	<p>Resilience</p> <p>If there is something you want to change but can't, think about how you can change your attitude towards it.</p>	<p>Self-discipline</p> <p>Plan a screen-free day – no phones, devices or even television – no peeking allowed!</p>	<p>Tolerance</p> <p>Can you stay calm even round those you don't agree with? Practice meditation – sit quietly and breathe slowly.</p>



Make yourself a priority