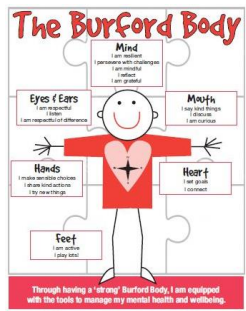




The Burford Body Bulletin

July 2024



Action for Happiness Calendar

Jump Back Up July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Jump Back Up July 2024	Take a good walk to clear your mind.	Listen to a growth mindset podcast.	Go for a walk to clear your mind.	Read a book.	Get the most out of your day by starting with a positive intention.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.
	Read a book.	Go for a walk to clear your mind.	Research and find a positive intention for the week ahead.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Write a good intention for the week ahead.
	Go for a walk to clear your mind.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Write a good intention for the week ahead.
	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Write a good intention for the week ahead.
	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.
	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.
	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.	Practice gratitude for 10 minutes.	Write a good intention for the week ahead.

[Click here to view the full calendar](#)

Physical Health

Scientists around the world see **tennis** as one of the healthiest activities to participate in. Tennis is an excellent summer sport, but it can also be played all year round!

The [LTA](#) has all the information you need to get started and find ways to play in your local area.



Wellbeing Tip - Supporting Charities

Research shows that giving can boost your physical and mental health in numerous ways. It is beneficial for combating stress, depression and anxiety, keeping you mentally stimulated, improving your self-confidence and providing a sense of purpose.

Here are some ways you can give to charity:

- Sell or donate unwanted items
- Volunteer
- Participate in a sponsored event
- Organise an event
- Do a good deed



Healthy Eating

Beef and Bean Burger Recipe

<https://www.nhs.uk/healthier-families/recipes/chilli-beef-and-bean-burgers/>



Monthly Mantra

I am focusing on what I want to create for myself, my health and my life. I accept myself for who I am and I constantly try to better myself.

Key Dates:

Alcohol Awareness Week

1st – 7th July

Plastic Free July

July 2024

Samaritans Awareness Day

24th July 2024

Thank You Day

7th July 2024

Schizophrenia Awareness Day

24th July 2024

Friendship Day

30th July 2024



Mental Health Awareness

Dyslexia is a learning difference that affects reading, writing and spelling. It can also affect processing and organisational skills, numeracy, language, motor coordination and concentration. Many people find that dyslexia brings all sorts of positive gifts, such as exceptional creativity, imagination, communication skills, problem-solving and the ability to think outside the box.

To find out more information and for support, please use the following link:

<https://helenarkell.org.uk/about-dyslexia/what-is-dyslexia/>

