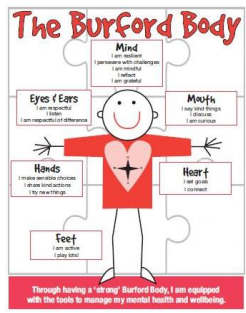




The Burford Body Bulletin

May 2024



Action for Happiness Calendar

Meaningful May



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

Physical Health

Yoga is more popular than ever, and it's easy to see why. It's a brilliant, safe way to improve strength, flexibility and balance, and learn different breathing techniques.

It's the perfect activity to do as part of a group or class, or you can practise by yourself or as a family once you've learnt the poses and breathing techniques.

For more information about getting started, visit [Yoga Class Near You](#).

Wellbeing Tip - Socialising

Socialisation helps to improve our physical, mental and emotional well being. Research suggests that there are links between lower rates of depression and anxiety, better self-esteem, stronger levels of empathy, and more trusting relationships. Here are some tips to help:

- Join a group
- Volunteer to help others
- Teach someone something
- Connect with friends and family
- Share a smile



Healthy Eating

Four Seasons Pizza Recipe

<https://www.nhs.uk/healthier-families/recipes/four-seasons-pizza/>



Monthly Mantra

I am not alone.
Love and support surrounds me.
I welcome new opportunities to grow physically, mentally and emotionally.

Key Dates:

National Walking Month	May 2024	Cultural Diversity Day	21 st May
Mental Health Awareness Week	13 th –19 th May	World Laughter Day	5 th May
International Day of Families	15 th May	National Creativity Day	30 th May

Mental Health Awareness

Mental Health Awareness Week 2024 will take place from 13th to 19th May, on the theme of "Moving more for our mental health". Movement is important for our mental health as it can increase your energy, reduce stress and anxiety, and boost your self esteem. Going for a walk, putting on your favourite music and dancing around the living room, doing chair exercises when you're watching television – all counts!

For more information, please following the link below:

https://www.mentalhealth.org.uk/sites/default/files/2024-04/MHF_Movement_Tips_2pp_A4.pdf