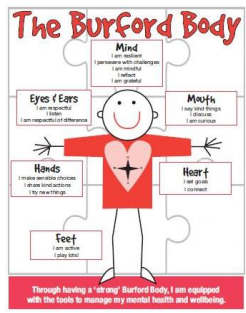




The Burford Body Bulletin

February 2024



Action for Happiness Calendar

Friendly February



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

Physical Health

Table Tennis increases concentration, stimulates brain function, helps with the development of tactical thinking skills, hand/eye coordination, provides aerobic exercise and social interaction. The sport is therefore important in promoting mental wellbeing.

[Table Tennis England](#) has all the information you need to get started and find opportunities to play near you.



Wellbeing Tip - Motivation

We all experience times when we feel low and lack motivation, especially during the winter months. When we're feeling low it can be hard to motivate ourselves. We can end up in a cycle where we feel too low to do things and then low about not doing things. Here are five tips to help:

Think 'action before emotion' - Once you make a start, you may find you want to carry on and this helps lift your mood.

Try the 5 minute rule - If you're putting something off, say to yourself "I'm going to give this a go for 5 minutes" to help make the task feel more manageable.

Spend time with others - Spending time or even just talking with others can be a great wellbeing and motivational boost.

Make time for you - It's so important to plan some time for you to do the things you enjoy.

Get moving - Exercise is important not only for physical health but for mental health too. Try starting with a gentle walk outside.



Key Dates:

- Time to Talk Day: 1st Feb 2024
- Children's Mental Health Week: 5th - 11th Feb 2024
- Safer Internet Day: 7th Feb 2024

Healthy Eating

Fabulous Fish Pie Recipe

<https://www.nhs.uk/healthier-families/recipes/fabulous-fish-pie/>



Monthly Mantra

When it rains, look for rainbows.
When it's dark, look for stars. Be grateful for those who lift you up when you need it the most.



Mental Health Awareness

Giving our children and young people opportunities to open up is one of the biggest things we can do as parents and carers to support their wellbeing. It can be easy to forget the simple power of sharing what we're going through and feeling heard. But even though you can't fix everything when your child is struggling, you can make them feel seen and understood - and this in itself can make them feel more able to cope. The following links can support you when talking to your child about mental health.

- <https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>
- <https://www.childrensmentalhealthweek.org.uk/media/vxgdpw3x/cmhw-24-top-tips-for-families.pdf>