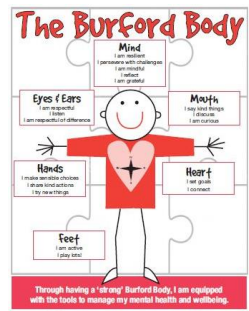




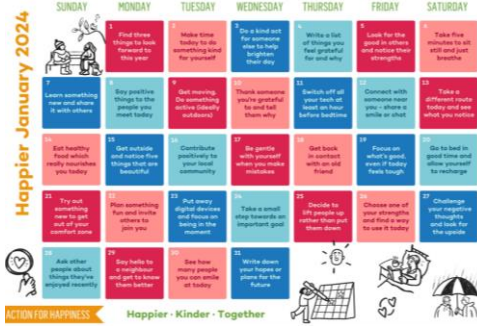
# The Burford Body Bulletin

January 2024



## Action for Happiness Calendar

### Happier January



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

## Physical Health

There are so many different types of **martial arts** – judo, karate, taekwondo, jiu jitsu, kung fu, tai chi and many more.

As an indoor sport, martial arts are great all year round, as well as a brilliant way to improve balance, strength, coordination and agility.

For more information about how to get involved in your local area, visit:

[Martial Arts Near You.](#)



## Wellbeing Tip - Beating the Blues

1. **Stay connected** – get in touch with family and friends.
2. **Do things you enjoy** - plan days out or try something new.
3. **Get outside** – even if it's just for 20 minutes.
4. **Look after your health** – eat, drink and sleep well and keep active.
5. **Relax and unwind** – have a bath, read a book, care for your plants or do yoga.
6. **Ask for help** – If you're struggling, ringing or texting a helpline such as SHOUT can be beneficial.

<https://giveusashout.org/>



## Healthy Eating

Brilliant Beef Curry Recipe

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



## Monthly Mantra

Everyday may not be good... but there is something good in every day. Remember to look for it and be grateful.

### Key Dates:

**RED January** - A nationwide movement for mental wellbeing. Move every day in January, to beat the winter blues.

**Dry January** – Experience the health benefits.



### Mental Health Awareness

Whilst social media can be an effective tool for staying connected to friends and family, it can also be a place where negative language and imagery is regularly shared which can have a negative impact on your mental health and wellbeing. The *Managing social media* booklet, written by Louisa Rose, a freelance social media expert aims to highlight some key social media issues and offers advice and guidance on how to minimise the impact of social media on your mental health.

<https://www.annafreud.org/search/?term=social+media>