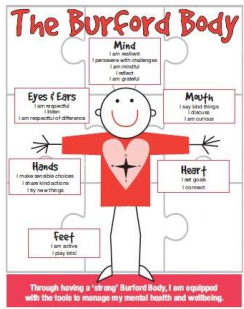




# The Burford Body Bulletin

December 2023



## Action for Happiness Calendar Do Good December



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

## Physical Health

Whether it's in a class or at home to your favourite tunes, **dancing** is great fun and gets your heart beating that little bit faster.

As well as being a really fun form of exercise, dance is a way to express creativity, imagination and emotions. Dancing can also increase your flexibility, range of motion, physical strength, and stamina.

The brilliant thing about dancing is it's free, you don't need any special kit and you don't even have to leave the house. So go on, put on some music and give it a try!



## Wellbeing Tip - Relaxation

Relaxation is vital in reducing negative emotional and physiological feelings, releasing tension, restoring energy and encouraging calming thought processes.

This simple relaxation exercise encourages deep breathing to calm and soothe.

Pretend you have a fragrant flower in one hand and a slow burning candle in the other.

Breathe in slowly through your nose as you smell the flower.

Breathe out slowly through your mouth as you blow out the candle.

Repeat several times.

[Click here to view some relaxation exercises](#)



## Healthy Eating

Cheesy Ham and Leek Bake Recipe

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



## Monthly Mantra

I am filled with positivity and gratitude for all that I have in my life.  
I have the confidence and determination to achieve my dreams.

### Key Dates:

International Day of Persons with Disabilities  
International Volunteer Day  
Human Rights Day

3<sup>rd</sup> Dec 2023  
5<sup>th</sup> Dec 2023  
10<sup>th</sup> Dec 2023



### Mental Health Awareness

This time of year can be difficult and stressful for many people. Mindfulness can be a useful tool to reduce anxiety and increase happiness. Mindfulness is a technique which emphasises focusing your attention on the present moment, noticing your surroundings, and your thoughts and feelings. Mindfulness exercises and resources can be found here:

<https://www.bbcchildreninneed.co.uk/schools/primary-school/mindfulness-hub/>  
<https://www.healthline.com/health/mind-body/mindfulness-activities>

