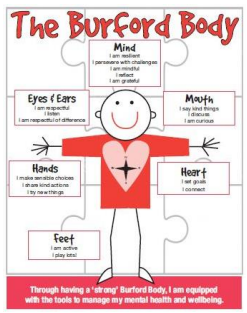




# The Burford Body Bulletin

October 2023



## Action for Happiness Calendar

### Optimistic October



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

## Physical Health

**Climbing** is great fun, it uses every part of your body and can give you an amazing sense of achievement. It's really thrilling to reach your goal and look back at where you started!

You don't have to be scaling mountains to get going – climbing walls can be found in many sports centres, and there are often climbing frames to clamber around in local parks or playgrounds.

For more information on getting started climbing and local opportunities, visit the [British Mountaineering Council](#).



## Wellbeing Tip - Self Love

Self-image is important because how we think about ourselves affects how we feel about ourselves and how we interact with others and the world around us. A positive self-image can boost our physical and mental wellbeing.

Each one of us is very different. Each of us is a very special and unique person with many positive qualities. It is important to recognise and celebrate these positive qualities. Create your own circle of celebration.

If you find this difficult ask a friend or family member to help you. *Be your best self*



## Healthy Eating

Bengali-style Chicken Curry Recipe

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



## Monthly Mantra

Self love is not about being perfect, it's about honouring and caring for yourself. Shine bright and welcome peace and happiness.

### Key Dates:

World Smile Day 6<sup>th</sup> October 2023  
 World Mental Health Day 10<sup>th</sup> October 2023  
 World Values Day 19<sup>th</sup> October 2023

Walk to School Month October 2023  
 Black History Month October 2023  
 Be Bright Be Seen Week 16<sup>th</sup> Oct 2023

October 2023  
 October 2023  
 16<sup>th</sup> Oct 2023



## Mental Health

YoungMinds, the leading charity fighting for children and young people's mental health, have produced an A-Z guide which gives advice on how to help your child with their feelings and behaviour, as well as mental health conditions and life events. They'll also show you where you can receive help.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>

