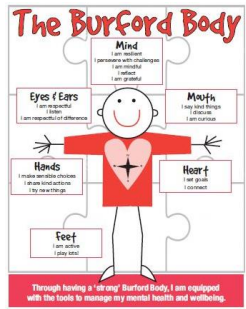




# The Burford Body Bulletin

July 2023



## Action for Happiness Calendar

### Jump Back July

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jump Back Up July 2023	1. Take a small step to help someone (or many).	2. Ask for growth mindset. "Change 'I can't' into 'I can't yet'."	3. Do the things you love to do today.	4. Find something to look forward to today.	5. Ask the people you love to support you and cheer you on today.	6. Pause, breathe and feel your feet firmly on the ground.	7. Write your mood by using something you really love.
	8. Avoid saying "I should" for yourself today.	9. Pick a problem in your life and share your feelings with them.	10. Reach out to someone you love and share your feelings with them.	11. Use the things you love to do today.	12. Write your worries down and share them with a friend today.	13. Challenge yourself to do something you've never done before.	14. Get outside and move to help about your head.
	15. Be honest about how you are feeling today.	16. Find fun ways to distract yourself from your problems today.	17. Use up all your strengths and talents today.	18. Let go of the small stuff and focus on the things that matter.	19. If you don't have enough energy, take a break today.	20. When things get going, pause and take a breath.	21. Identify what helped you get through a tough time in the past.
	22. Find 3 things you feel happy about and write them down.	23. Remember your strengths and talents today.	24. Choose to see something good about what has gone wrong.	25. Notice when you are being compassionate to yourself today.	26. Catch yourself when you're making a "I" statement.	27. Write down 3 things you are proud of about your day.	28. Think about what you can learn from a recent experience.
	29. Be a really confident "Yes" person today.	30. Reach out to a friend and let them know you care.	31. Do something all day long that makes you happy.	32. Take a break from your phone today.	33. Notice when you are being compassionate to others today.	34. Write down 3 things you are proud of about your day.	35. Think about what you can learn from a recent experience.

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

## Physical Health

**Rounders** is easy to set up and play, it is the ultimate park game when you're in a group. Like cricket, it uses and develops a variety of different skills and roles, so it's great fun for everyone, especially when the sun is shining.

To find out more about rounders and for opportunities to get involved locally, visit [Rounders England](#).



## Wellbeing Tip - Compassion

Here are three simple steps you can use anytime and anywhere to give yourself a boost and build your compassion for others. By tuning in to your feelings, looking for what's good and sharing kindness you can nurture yourself and help make things better day by day.

**STEP 1: BE MINDFUL** Relax your breathing and notice: How am I feeling right now?

**STEP 2: BE GRATEFUL** Look around you and ask yourself: What am I thankful for?

**STEP 3: BE KIND** With warm feelings, ask yourself: Who can I send kindness and love to?

## Healthy Eating

Bajan Cou Cou with Fish Recipe

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



## Monthly Mantra

You are enough.

Embrace your unique qualities and flaws, and give yourself the love and acceptance you deserve.

### Key Dates:

National Simplicity Day	12th July 2023
Samaritans Awareness Day	24th July 2023
International Friendship Day	30th July 2023



## Mental Health Awareness

The transition from primary to secondary school is exciting for children and marks a new phase in their lives, however it can bring uncertainty. As a parent or carer there is much you can do to help your child through the transition period with careful and sensitive preparation.

<https://www.annafreud.org/media/13817/supporting-children-through-secondary-transition-final.pdf>

