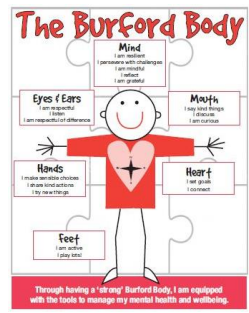




The Burford Body Bulletin

June 2023



Action for Happiness Calendar

Joyful June



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

Physical Health

The 100th Annual Bike Week is being celebrated this month. Cycling can be enjoyed by people of all ages, it can improve your fitness, is fun and provides freedom and independence. Cycling with your family is a great way to spend time together and explore the countryside. Being outside, especially in green spaces, is also one of the fastest ways to boost your health and happiness. To find out more, or for information on local cycling routes please visit:

<https://www.cyclinguk.org/bikeweek>

<https://familyinfo.buckinghamshire.gov.uk/things-to-do/family-cycling-routes/>

Wellbeing Tip - Positive Thinking

Science suggests that positive thinking is a learnable skill.

Thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term.

This exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love!



Healthy Eating

Caribbean Tofu & Sweet Potato Curry Recipe

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



Family Support Courses

For information on a variety of family support courses please visit:

<https://primarysite-prod-sorted.s3.amazonaws.com/burford-school-marlow/UploadedDocument/9ec6613e-0c09-48b5-b3d0-d075559d4667/support-courses-june-2023.pdf>

Monthly Mantra

I choose to be kind to myself & others.
I let go of any stress and welcome happiness and motivation to conquer the day.

Key Dates:

Men's Health Month
Men's Health Week
Bike Week

1st June – 30th June 2023
12th – 18th June 2023
5th – 11th June 2023



Mental Health Awareness

Men's Health Week raises awareness of the health issues that affect men disproportionately and focuses on getting boys and men to become more aware of health problems, they may have or could develop, and gain the courage to do something about it. Find out more:

<https://www.menshealthforum.org.uk/mhw>

