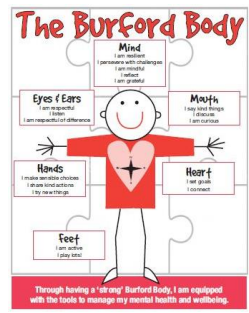




The Burford Body Bulletin

May 2023



Action for Happiness Calendar

Meaningful May



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

Physical Health

Swimming is an excellent way to boost your mood and help you relax.

Swimathon takes place on the weekend of the 12th – 14th May 2023.

If you can't make the Swimathon weekend or if you just require more flexibility to your Swimathon challenge, take advantage of MySwimathon. This entry option allows you to swim any distance, this is perfect for children and families, any time and at any venue of your choosing between Friday 28th April and Sunday 21st May 2023.

Wellbeing Tip - Sleep

Sleep supports healthy brain function and maintains physical and mental health. In children, sleep also helps support growth and development.

It is important to establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep.

Create a restful environment: bedrooms that are dark, cool and quiet are generally easier to fall asleep and stay asleep in.

Try to go to sleep and wake up at the same time each day.

Exercise regularly but avoid vigorous exercise near bedtime if it affects your sleep.

Write down your worries.

Listen to a podcast or read until you feel sleepy.



Healthy Eating

Bang-tasty Chicken Drumsticks Recipe

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



Monthly Mantra

I am brave. I am beautiful. I believe in myself. I refuse to worry about the things I cannot control.

Key Dates:

Swimathon

Lidl Mudder

Mental Health Awareness Week

28th April – 21st May 2023

6th – 7th May 2023

15th – 21st May 2023



Mental Health Awareness

Having tried and tested coping strategies to deal with intense and difficult emotions is an important skill for young people and adults. In this video, clinician Hannah Woods discusses the importance of healthy coping strategies for mental health.

<https://www.youtube.com/watch?v=Cv2DJ9riXb4>

