

# The Nottingham healthy child uses strategies to maintain a healthy mind such as...



**ACHIEVE WELL TEAM**

Empowering wellbeing,  
elevating achievement

Staying positive  
and approaching  
challenges with a  
good attitude

Playing  
sports to  
stay active  
and relieve  
stress

Getting  
plenty of  
sleep to rest

Reading books to  
relax and learn

Using a diary  
to write  
down their  
thoughts

**What can you  
do to keep  
your mind  
healthy?**



These tips are shared by Nottingham children.



**Nottingham  
City Council**