Boost your wellbeing

Connect with others on board

Communal activities are a good way to increase social interaction. Electing a social hub to organise events and activities on board can be effective.

Doing something nice for someone, helping them or even a simple smile can all contribute to your wellbeing.

It might not be easy, but building connections with fellow crew will have a positive impact on your wellbeing and theirs.

Taken from Steps to Positive Mental Health: Good Mental Health Guide for Seafarers, part of ISWAN’s Seafarers’ Health Information Programme (SHIP)