**Boost your wellbeing**

**What the science says**

- Notice your accomplishments
- Try something new
- Get into the *Flow*
- Spend time immersed in getting better at what you love doing
- Do more of what makes you happy
- Make time for activities that you enjoy
- What is important to you?
- Purpose is why we do what we do
- Connect with people on board
- Nurture relationships at home

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