Steps to Positive Mental Health

BODY
- Take good care of your body
  - Try to get as much sleep as you need
  - Eat healthily and regularly
  - Exercise regularly
  - Make good use of rest time
  - Beware of drink, drugs, smoking and caffeine

ACHIEVE
- Give your brain a boost
  - Plan realistic and achievable goals every day for:
    - Work, chores and study, &
    - Connecting to others, enjoyment and exercise

CONNECT
- Socialise with fellow crew
  - Film and games nights
  - Karaoke contests

ENJOY
- Aim to do more enjoyable activities
  - Plan ahead for your next voyage
  - Lift your mood with exercise – try trainingonboard.org
  - Learn new skills with an online course, e.g. lynda.com
  - Keep a written or photographic journal on board

STEP BACK
- Take a breath and consider the bigger picture
  - Ask yourself:
    - Is this thought a fact or opinion?
    - What is another way of looking at this situation?
    - What advice would I give a friend?

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