Sit comfortably with your eyes closed and your spine reasonably straight.

Bring your attention to your breathing.

Imagine you have a balloon in your stomach which inflates every time you breathe in and deflate when you breathe out.

It’s natural for thoughts to enter into your awareness and for your attention to follow. Just keep bringing your attention back to your breathing.

Notice your abdomen rising with your in-breath and falling with your out-breath.

Don’t judge yourself for having these thoughts or feelings – it is okay for them to be there. Just notice them and let them drift away.

Simply notice any thoughts which may come into your mind, sounds, feelings or emotions, and bring your attention back to your breathing.

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