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 Psychological Wellbeing at Sea: A Good Mental Health Guide for Crew, part of ISWAN's Seafarers' Health Information Programme (SHIP)