

Steps to Positive Mental Health

B A C E S



BODY



ACHIEVE



CONNECT



ENJOY

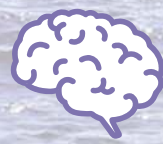


STEP BACK



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



Give your brain a boost

- Plan realistic and achievable goals every day for:**
- Work, chores and study, &
 - Connecting to others, enjoyment and exercise



Socialise with fellow crew

- Film and games nights
- Team sports
- Karaoke contests



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



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?