

TOP 10

GUIDE FOR SAILORS DEALING WITH POOR MENTAL HEALTH

1

EXERCISE:

Exercise has been proven to improve mood and can help to clear your thoughts and get you into a better state of mind.

2

REST:

Take time for yourself, relax or connect with others on board.

3

EAT WELL:

A healthy diet is key to improving your wellbeing.

4

SOCIALISE:

Spending time with others. This can give anyone a sense of time out and can be a good distraction.

5

BE MINDFUL:

Think about what is causing you stress and create a list. This can relieve some pressure, while talking it over with someone trustworthy can also be beneficial.

6

GET A QUALITY SLEEP:

Set an alarm at a regular time each day, avoid computers when you go to bed, and use your bed mainly for sleep.

7

DISTRACT YOURSELF:

Take your mind off your worries by keeping busy and finding something to do that you enjoy.

8

TAKE A BREATH:

Learn controlled breathing techniques.

9

DON'T KEEP PROBLEMS TO YOURSELF:

Share your problems with someone close to you, onboard or ashore.

10

GIVE TO OTHERS:

Even the smallest act can count, whether it's a smile, a thank you or a kind word.