

Loss Prevention 13 May, 2021

New REACT! Loss Prevention Posters Published on Mental Health



Emma Forbes-Gearey
Loss Prevention Officer

In recognition of the nature-themed Mental Health Awareness Campaign in the United Kingdom this week, a further two posters have been added to the Club's REACT! series of medical and first aid posters specifically designed to address mental health to raise awareness and importance among crew members.

Studies have shown that nature is central to our emotional and psychological health. In the 1960s, research conducted in the United States showed that a patient's recovery significantly improved when they had views of the natural environment during hospitalisation as compared to those not given such outlooks.

This concept of Nature therapy was then further developed in Japan during the 1980s, creating a practice known as Shinrin-Yoku, which stands for 'forest bathing'. The activity consists of walking into forests and woodlands and using all five senses to connect with their environment and clear the mind. These activities have shown that they could lower cortisol levels, lower blood pressure and improve memory and concentration.

Evidence suggests that we would tend to experience these benefits when exposed to nature for anywhere between 5 minutes to 3 hours - the purpose of the exercise is to hold people's attention to the present moment, giving the mind and the body a chance to relax from the stresses of everyday life. We have adopted this practice for the seafarers onboard ships with our **'Mindful Moments'** poster.



The other poster developed is on **'What is Mental Health?'**, which includes detail on what mental health is, the signs and symptoms to look out for if someone's mental health starts to decline and an action plan to help improve mental health.

Members will be sent complementary sets of both posters for their entered vessels. Further hard copies may be obtained by contacting the Loss Prevention Department or downloading PDF files from the Club's resources page.