

Mental Health

Mindful Moments

Inspired by the Japanese art of Shinrin-Yoku (forest bathing) and supported by recent research on the benefits of appreciating nature, try to take some time to appreciate your environment.

The following steps might help

1

Leave any electronic devices or distractions in your cabin to be fully present in the experience.



2

Find a safe area on the deck where you can see the horizon.



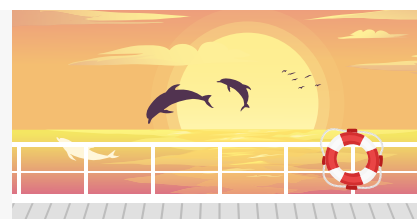
3

Take a deep breath and pause, notice how the wind feels on your face, the heat of the sun and the sounds of the waves.



4

In the most comfortable spot, take a seat and listen to the sounds around you. Observe the behaviour of any marine life present.



5

If doing this with others, resist talking until the experience ends. When it's over, then reflect and express how you felt.



Remember, 'it's OK not to be OK'

If you are struggling then reach out to your Head of Department