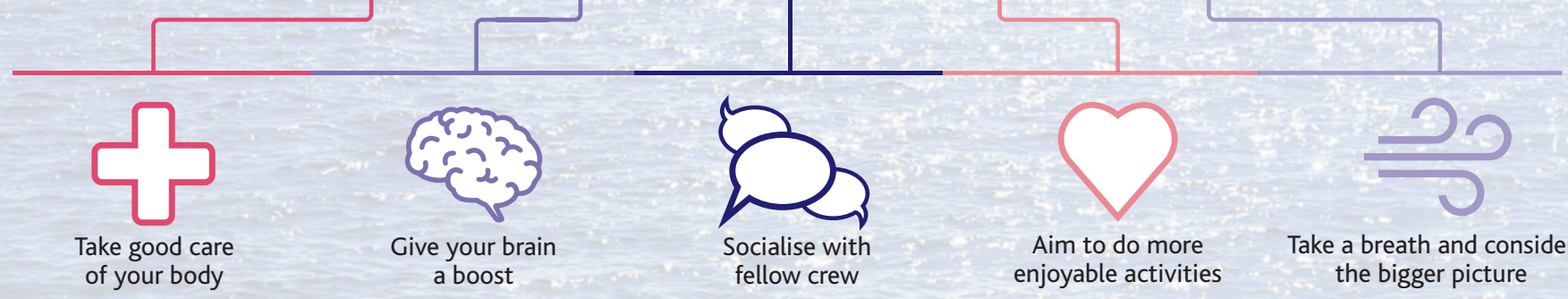
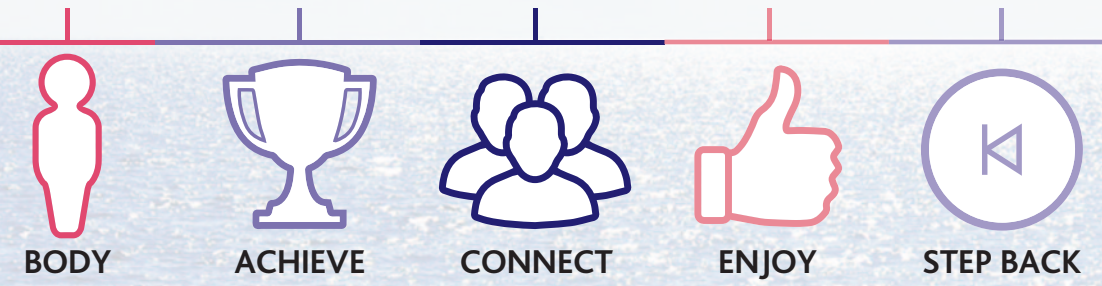


# Steps to Positive Mental Health

## BACES



- 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

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

- Film and games nights
- Team sports
- Karaoke contests

- Plan ahead for your next voyage
- Lift your mood with exercise – try [trainingonboard.org](http://trainingonboard.org)
- Learn new skills with an online course, e.g. [lynda.com](http://lynda.com)
- Keep a written or photographic journal on board

- 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?