



2022
CALENDAR

We support



SUSTAINABLE DEVELOPMENT GOALS



3 GOOD HEALTH AND WELL-BEING



Plan your day in advance before you start working





Good work-life balance





Focus on both physical and mental well-being





Communication with seafarers





Be compassionate towards yourself





Take a minute to gather yourself before tackling crisis situations





Get involved in the community





Live mindfully and plan for the future





Assess what is within your control and let go of what is not





Zone in on what makes you happy





Make time for the things you love





Build your community

