





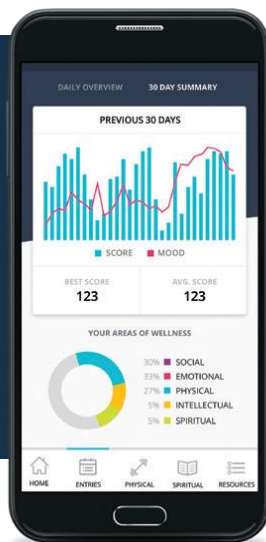


Thank you for participating in our 7-month programme Wellness at Sea Awareness Campaign. For Week 27, we would like you to take some time and see where you are in your wellness journey.





Step back from your day-to-day routine and focus on resting and recharging. Let us reflect on the last months of the wellness campaign and spare a few minutes of your time to answer the following questions:

-  Describe how you want your life to look in 5, 10, and 20 years
-  What are the three things that scare you the most and why?
-  What are three things you can start doing to take care of yourself?
-  What are three things you can do to better your mental health and overall wellbeing?
-  When things get tough, you would want yourself to remember that _____
-  Write 10 things you are grateful for everyday

PUTTING HEALTH AND WELL-BEING IN YOUR HANDS



A FREE APP FOR SEAFARERS

-  Interactive challenges, exercises and recipes
-  Monitor your daily wellness
-  Contacts for maritime welfare services near you
-  Track your journey using MarineTraffic AIS data



HOW DID YOU LIKE YOUR JOURNEY ON OUR 27-WEEK WELLNESS CAMPAIGN?

If you would like to review the previous information materials of this campaign, visit our website at www.mayfairwecare.com/wellness/seafarers

STAY WELL AND HEALTHY!