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# SMOOTH SAILING VOLUME 3

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**TRANSWORLD**  
WELLNESS



*"Do not judge me by success, judge me by how many times I fell down and got back up again."*

- Nelson Mandela

# Welcome!

Hello and welcome to the third volume of **Smooth Sailing!** Thank you for returning again to read our newsletter. Similar to the previous volumes, you can expect inspirational content in the form of helpful articles, stories, and wellness tips.

We would also like to take this opportunity to announce that October 2022 represents the one year mark for Transworld Wellness! Over the past year, we had the chance to deep dive into the life and challenges of a seafarer and promote mental health and wellness within the maritime industry. Despite initial hesitation, we were very well received!

It was inspiring to see the interest and enthusiasm of individuals in the shipping industry willingly take the right and courageous steps to engage with mental health and psychology. A once stigmatized and unspoken topic, mental health is finally receiving the credit and importance it deserves. This is thanks to visionary leaders within the space who value their seafarers and the fact that a healthy mind is just as important as a healthy body.

With your validation and support, we have hit multiple milestones this past year. This includes conducting several basic and advanced trainings to increase mental health education and literacy in how one can support themselves and others in difficult times.

We also had the opportunity to collaborate with a variety of companies, such as Port Authority of Singapore (PSA) and Gard P&I club, to measure wellbeing amongst employees and provide data driven recommendations. In addition to these, we have some exciting projects and collaborations coming up in the pipeline!

Furthermore, we launched our Health and Wellness Series to increase wellness education by inviting expert speakers to present on different aspects of wellbeing (i.e. physical health, mental wellness, meditation, etc...). Our first talk by Dr Annapoorna Venkat, which was on tips for healthy living, received great feedback. Further, our second talk on meditation by our counsellor Sangeeta More was also a great success! Both of these events received a 9/10 rating score by attendees, with great comments emphasizing the importance of and benefits from the content.

To keep updated on further developments and talks presented by Transworld Wellness, we encourage you to follow us on Facebook!

Once again, thank you all for the exceptional feedback, praise, and support, it is an impetus for us to continue providing you with the care you deserve!



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# Living with Grief

written by Sangeeta More, Therapist

*I walked into his place and time stood still  
Everything was as is, nothing had moved in the time gone by  
His slippers on the floor, towel on the rack  
His favourite biscuits on the table, calculator by its side  
Collecting dust as time stood still  
Oh time, why are you still now and not before  
Why didn't you give me a chance to say goodbye*

Can anyone escape grief? We all will experience grief at some point in our lives.

Grief is the emotion we feel at the loss of something or someone we love. Loss is not limited to the passing of a loved one, it can include losing a job, miscarriage, divorce, passing of a pet, children moving away, retirement, etc. The deeper the attachment to the person or thing, the more intense the grief is.

There is a difference between grief and grieving. Grief is the overwhelming feeling of sadness and despair that occurs when losing a loved one, whereas grieving is the process that teaches you to adapt. The grief of losing a loved one always remains but the process of grieving slowly heals us and enables us to carry on with daily activities and regular life. It allows us to become stronger with time.



Psychiatrist Elisabeth Kübler-Ross developed a theory that suggests that we go through 5 stages of grief :

1. Denial - This is the first stage of grief. The loss of a loved one is unacceptable. We can't believe it has happened. Denial is a defense mechanism to protect us from intense pain. We are in shock and our brain is giving us time to process these painful emotions slowly.

2. Anger - It is common to be angry after the death of a loved one. Anger is a way to release some of the emotional chaos we feel. Anger helps to cover up the fact that we are scared of facing life without our loved ones.

3. Bargaining - In this stage, we realize the reality of what has happened and are willing to do anything to change the situation. Examples of bargaining, "God, if you can heal this person, I will turn my life around" , "If only we had gone to the doctor sooner"

4. Depression - This is the most difficult stage of grief. The loss of a loved one becomes a reality and leaves a void in our lives. We don't know how to deal with this immense sadness and retreat within ourselves. Depression can be very isolating.

5. Acceptance - Reaching the acceptance stage doesn't mean that you no longer feel the pain of the loss, it means that you accept the reality of the loss and the fact that you cannot do anything to change it. You open yourself to looking at life differently and learn new ways to carry on without your loved one.

The above five stages of grief are a guideline. You may or may not experience all of them, or in the same sequence. Grief is not the same for everyone. With resilience, we build our own coping mechanisms to overcome grief and keep it contained, so it does not affect our daily activities. There is no timeframe for grief, some can take a year or more, while others may take a few weeks.

From a personal experience, when we lost our father to Covid-19 a couple of years ago, my siblings and I processed the grief differently. Though the loss was the same for all of us, our reactions were not similar. In the initial days, I sought solace in the last rituals as per Hindu customs. It gave me something else to focus on and I ignored my feelings of grief. It was only later when I was alone during mandatory quarantine in Singapore, did reality hit and I was engulfed in deep sorrow. I felt abandoned and isolated. There were feelings of guilt, could I have done more for him? It took me almost a year to learn how to cope with the grief. So, it's alright to take your time and let go when you are ready.

Grief can also cause fear. Fear of how to live without the loved one, fear of losing another loved one and also fear of your own mortality. You suddenly realise that you will die too. This creates anxiety and stress. Many negative thoughts crowd your mind. You automatically think of worse case scenarios in any situation. You take extra precautions to keep yourself and your loved ones safe. It may take some time for this anxiety to subside. The important thing is to work towards focussing on the positives and good memories.

Your brain detects grief as any other trauma and goes into a flight or fright mode to protect you. It releases neurochemicals and the stress hormone cortisol in excess levels. This can lead to an imbalance of hormones, which can cause cognitive impairments. It leads to brain fog, meaning your memory, concentration and cognition are affected. You cannot think clearly and forget things. You walk around in a daze.

Be gentle and patient with yourself. Expecting everything to go back to normal after losing a loved one is unreasonable. Take one step at a time. As you heal, things will become clearer and you will learn to live in the new normal.

### **How to deal with grief:**

*Acknowledge your pain:* Don't suppress your emotions. Acceptance of feelings of sorrow and sadness is the first step toward healing.

*Connect with people:* Talk to your family and friends about your feelings. It gives you a chance to process and understand your grief.

*Do not compare your grief with others:* Coping with grief is very individualistic. One format does not fit all. Take your time to heal.

*Accept that grief can be triggered anytime:* There is no time limit to grief. Even after you have learned to live without the person, something can trigger it, like holidays, birthdays, and special occasions.

*Take care of your health:* Grief can affect your health, it may cause sleep disorders, fatigue, aches and pains, heart problems, to name a few. So take care of your health. Get enough sleep, eat well and exercise. You can be emotionally stable when you are physically healthy.



*Get back to routine:* After you have given yourself some time to process the grief, get back to work and your regular routine, as it will help take your mind off the grief for a while.

*Ask for help:* Seek professional help if you are depressed or are unable to perform daily activities even after months of losing your loved ones.

*Maintain your hobbies and interests:* Start your hobbies and social activities even if you don't feel like it. You will slowly learn that life can still be enjoyed.

*Seek spiritual support:* If you believe in God, then read the scriptures, join religious events, and study groups. For me, this was very helpful.

*Stay away from alcohol and drugs:* Don't use alcohol and other substances to dull your pain. It may work as a short-term solution but eventually, it harms you.

*Self-care:* Do mindfulness and relaxation techniques like journaling, listening to music, creative activities, meditation, etc. This will help to create a sense of security, peace, and calm, which aids in overcoming grief.

Remember, living with grief is an ongoing process. You are continuously learning new ways to cope and carry on with fond memories of your loved ones who are no longer present physically, but will remain in your heart forever.

I lost two very important family members during the pandemic. Grief for me is a constant companion. It's somewhere with me all the time and surfaces when I least expect it. But over time, I have learnt to acknowledge and accept it. I give it the time it deserves. Sometimes, I let grief envelope me in its warm embrace, cry my heart out and then emerge slightly stronger. At other times, I shoo it away, immersing myself in the project at hand.

Grief has made me a better person, more empathetic and compassionate. Small issues don't matter any more. I now know the value of creating wonderful memories and living life to the fullest. I love more and laugh more.

As someone said 'Our loved ones live on through us, imbibing and exhibiting their good qualities ensures that we always feel their presence'



# Self discovery through the use of Johari's Window

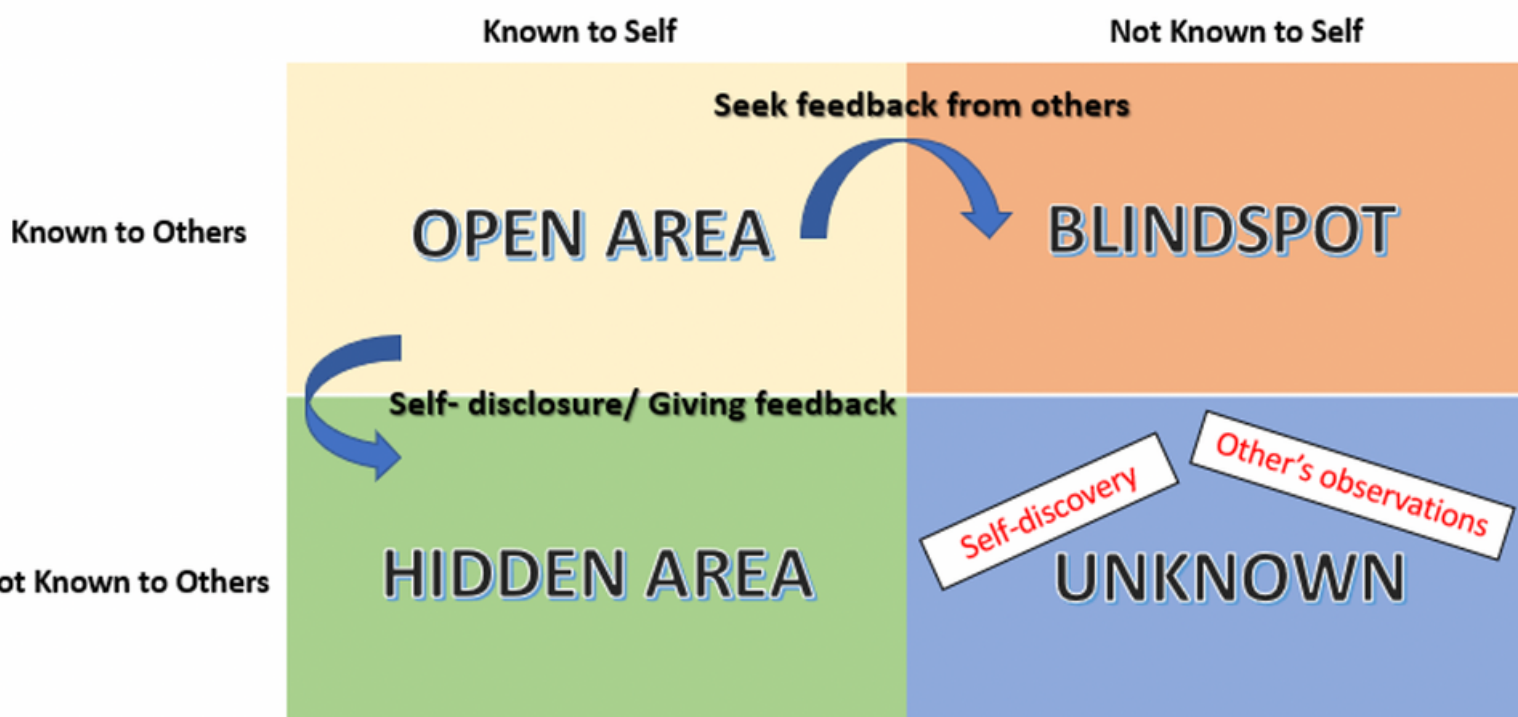
Written by Brenda Png, Counsellor

How well do you know yourself? How well do you think others know you? Do what they think of you match what you think about yourself?

We live in a world where interactions with each other, be it in a group setting or one-to-one, are important and valued. Many times, we present ourselves to the person we are interacting with, with little or no idea of what the other person thinks about us unless we explicitly ask or seek feedback. But how many of us would proactively ask for feedback? Instead, we ponder, we wonder, we speculate, and we make assumptions of what others think of us through interpretations of various aspects - their body language, their words, their expressions, or even the “vibes” that we think they are giving. Are these interpretations true? Not all the time! What if we use a tool that will allow us to engage another person in a more effective and structured way to get some feedback?

Developed in 1955 by two American psychologists, Joseph Luft and Harry Ingham, the Johari Window was a tool birthed while they were researching group dynamics at the University of California. Over time, it became a tool that gained popularity for its simple yet effective approach to enhancing relationships, improving communication, and increasing self-awareness in both personal and team development.

## JOHARI WINDOW



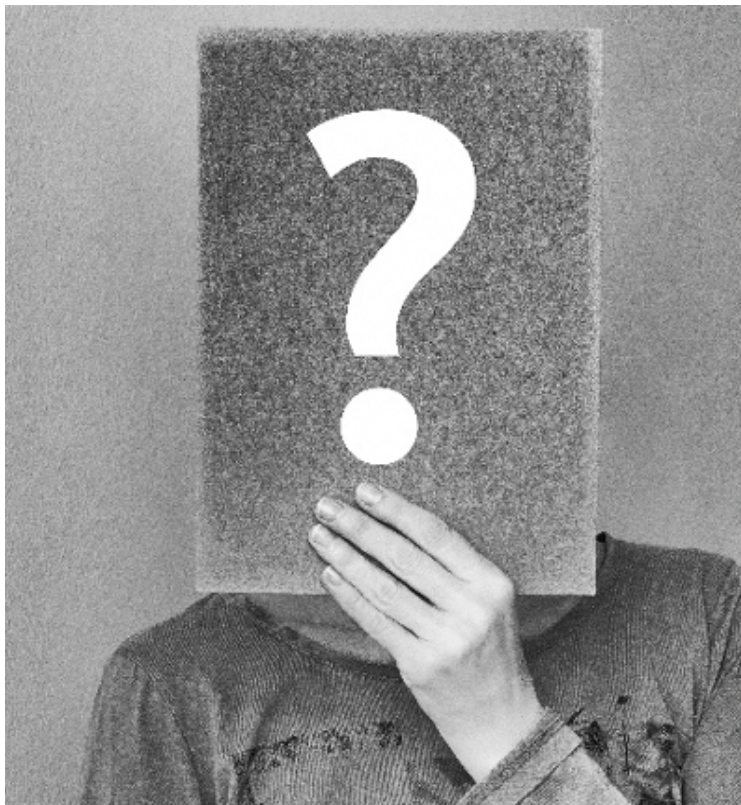
## The “Window Panes”

The Johari Window is presented in four quadrants. These four quadrants are shown in the picture below:

Each of the quadrants represents an aspect of yourself in terms of what you present to others, and it could be your motivations, attitudes, experiences, feelings, and much more. This information could be known to yourself or others

One interesting aspect to note is that the size of the quadrants is dynamic! This means that one of the quadrants could be larger than the other depending on how much we know (or don't know) about ourselves.

Allow me to explain the quadrants in greater detail below:



Finally, the bottom right quadrant is the Unknown area. In this area lies aspects of ourselves that we and our loved ones are not aware of. You may wonder what are the things that we are not aware of. Well, it could be certain emotions caused by past traumatic events that we suppressed, or it could be qualities, abilities, or capabilities that we have yet to discover about ourselves, for example, leadership capabilities. Sometimes people are not aware that they can lead a team until they are empowered to do so. We can attempt to decrease the unknown area through open communication with others and trying new things.



Let's start with the top left quadrant, which is known as Open Area. This area contains all the information we know about ourselves and what others know of us. You can think of this as the place where most interactions take place and how we present ourselves to other people.

The top right quadrant is what we commonly call Blind Spots. This quadrant houses information about ourselves that others are aware of but we are oblivious to. It could be anything, from quirks, and habits to strengths and resourcefulness. The way to reduce our blind spots is by seeking feedback from others. It is helpful to be open to “constructive feedback”. Getting feedback from others allows us to become aware of other people's perceptions of us which increases our self-awareness and in turn reduces our blind spots. Hence, our Open Area will expand, while our Blind Spots quadrant reduce.

The bottom left quadrant is known as Hidden Area. This refers to information that we hold closest to our hearts and do not reveal to others. It could be past experiences, our fears, our feelings, our perceptions, opinions, or our deepest thoughts that we wish to keep hidden from others. Our Hidden Area is reduced when disclose or volunteer information about ourselves. To do that, we need to have mutual trust in the person we are interacting with as we are trusting the person with our vulnerabilities. If done appropriately, the Open Area will expand and in turn, the Hidden Area quadrant will reduce in size.

Next, involve other people. Seek feedback from people around you. They could be your family members, your colleagues, people in your team or crew, or your friends. Be prepared that not everyone is tactful when providing feedback and you might hear things that could be hurtful or upsetting. Nonetheless, adopt a neutral stance to listen and acknowledge and thank the person for providing feedback.

Reflect on the feedback gathered and contemplate if the information is something you are already aware of (i.e., Open Area) or if it could be information that you were not aware of but now you know (ie. Blind Spots). How has the feedback helped you in enhancing your self-awareness? Did you discover strengths about yourself that you were not aware of previously?

For example, Pete was observed to be quiet and introverted during team discussions. When the Captain asked for ideas to tackle an issue, Pete would remain silent and does not contribute compared to the rest of the crew. As a result, his behavior was often misconstrued as being uncooperative and deemed as a poor attitude. Little did his colleagues know, that Pete has a fear of contributing ideas in large groups as he had a prior experience of being shamed by a colleague in his previous job. During a one-to-one conversation with the Captain, Pete revealed this information. Hence, the Captain had a clearer understanding of Pete and no longer misunderstood his behavior. Instead, the Captain tried to involve Pete more by inviting him to contribute in group discussions and affirming his responses in meetings to boost his confidence and increase his comfort level to share.

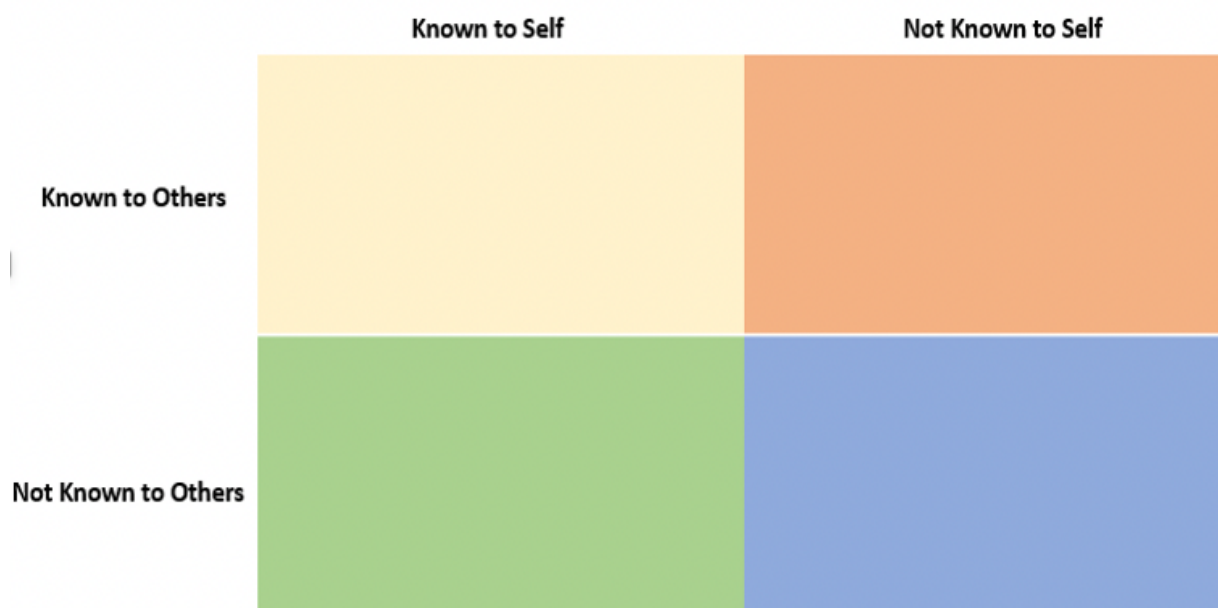


**TRY IT!**

Here is what you can try out in your free time. Please ensure that you have a good relationship with and trust everyone that you want to do this activity with.

- Find a close friend or colleague whom you trust and have a good relationship with.
- Using the attached template, start by filling in your “Open Area”, ie. Things you know about yourself. Take your time to complete this.
- Once you are done, pass the paper to your friend/colleague and ask the person to provide feedback. If there are traits that are not listed in the Open Area, invite your friend/colleague to write them down in the “Blind Spots” quadrant.
- Review what your friend/colleague has written in the “Blind Spots” quadrant. Did you discover new strengths about yourself that you were previously unaware of?
- Hope this activity helped you discover more things about yourself. Have fun!

# JOHARI WINDOW





# Understanding Anxiety

Written by: Dr, Emma Grisdale,  
Clinical Psychologist

Imagine two cave people encountering a lion. One cave person, Caveperson A, does not have an emotional reaction to the lion at all. They simply think 'how interesting' and move closer to investigate. The second cave person, cave person B, remembers that a lion attacked his father and begins to experience a racing heart, sweaty palms, and breathlessness. He quickly leaves the situation. Caveperson B is the only one who makes it home.

Caveperson B is experiencing sensations that we all know well: a racing heart, sweaty palms, and breathlessness. Common sensations of anxiety. But what is anxiety and why does it happen? And more importantly, how can we try to stop it from taking over?

To fully understand why we have anxiety, we must think back through time to the days when we lived in caves and were governed largely by our instincts. Anxiety can be helpful in some situations. It can serve as a warning. It occurs when one of the most primal parts of our brains, the amygdala, sends a message to our bodies that we are in a dangerous situation. The physical symptoms we feel are our bodies activating our 'fight or flight' reaction. Symptoms such as a racing heart and breathlessness are caused by increased oxygen pumping through our blood vessels giving us the energy, we need to either run from an enemy or fight it. Again, this prepares us to run or fight.

Indeed, anxiety is an appropriate and useful emotion to experience in situations that involve lions. It is also helpful in modern-day situations where we might experience physical or psychological threats: it is anxiety that stops us from leaning out too far over a high balcony or driving dangerously fast. It is anxiety that stops us from breaking the law at times.



However, the more anxiety-provoking situations you are in, the more easily your brain can slip into anxiety mode, meaning that the brain can, at times, over-compensate. This means that our feelings of anxiety can sometimes activate in situations where it is unwarranted, and this can get in the way of us doing things that we want to do. For example, a person who has been bullied will have experienced anxiety more often than someone who hasn't. Experiences of bullying may cause the brain to develop an expectation that other people will hurt them. This may cause the person to experience extreme anxiety when, for example, meeting people, starting a new job, or when attending a social event. The person may find the experience of anxiety so aversive that they may avoid entering any social situations.

Other than traumatic events such as bullying, a low level of consistent stress over a long period of time can also have the same effect. Those of us who work in dangerous situations day after day, or in high-pressure jobs, also experience a constant level of baseline anxiety. In turn, this can make our brains more attuned to looking for and finding threats in everyday situations.

Avoiding a situation, person, or place due to anxiety, will only lead to greater anxiety- leading one to fall into a vicious self-perpetuating cycle. The more one anxiety causes them to avoid doing something, the worse the thought of doing that thing becomes. For example, imagine a child who has had a bad experience at school, that child may refuse to go to school the following day due to their anxiety. The next day, the thought of going to school becomes even more terrifying with more worrisome thoughts creeping up. The child will then stay off school for a second day and then a third and so on.

Thus, staying off school may provide short-term relief from anxiety but will not help at all in the long term.

## How to Manage Anxiety

How then can we break the vicious cycle of anxiety and learn to overcome it? The first step, which sounds a little odd, is to notice your anxieties and worries.

Sometimes, we might feel the physical symptoms of anxiety and not really know why. When this occurs, it's important to take some time to consider what it is you might be worried about. Think through your recent stresses and work out which one is causing the anxiety.

### *Acknowledge your worries*

Once we have noticed the worry, it's important to hold it in mind, to acknowledge it as an important message that your amygdala has chosen to give you. The temptation is to simply ignore the worry, to put on a brave face and carry on whilst pushing the worry down into a deep part of your subconscious. Unfortunately, this doesn't work. Your amygdala thinks that the message it is giving you through the worry is very important and it will keep sending the worrying messages repeatedly until it gets through to you. It is important, therefore, to acknowledge and accept the worry once you realize what it is.

### *Challenging the anxious thought*

It is often helpful to remind yourself that the worry is simply your amygdala's opinion, not a fact. Just because your amygdala is telling you that something is anxiety-provoking, it doesn't necessarily mean that it is. You can use the other parts of your brain, the parts used for rational thinking, to carry out your own risk assessment as to whether something is dangerous or not. You can challenge whether it is actually dangerous or not. One way of reminding yourself that anxiety is simply your amygdala's opinion is by using a technique called 'cognitive diffusion'. This allows you to distance yourself from your thoughts by thinking 'my amygdala is telling me that x is anxiety-provoking rather than simply thinking 'x is anxiety-provoking.'



### *Is worrying about it productive?*

Once you have held the worry in mind and acknowledged it, you can then ask yourself if the worry is productive. Some worries are productive and can spur us on to useful action, but the vast majority are not and just cause us to feel bad without achieving anything. For example, if you have to take a test that you are worried about, feeling anxious the days before the test is productive because it will cause you to study more, therefore improving your performance on the test. Anxiety about the test after you have taken it and before you get the results is not productive as you cannot change how well you did. All it will do is make you feel bad about yourself. Thus, if a worry is productive, it is worth acting on it as soon as you can as this will cause your anxiety to reduce.

### *Distracting from anxious thoughts*

If a worry is not productive, however, it is worth trying to distract yourself away from the worry. Fixating on it will only lead to greater feelings of anxiety and can cause you to become stuck in a kind of worry spiral – this is where the worries race around and around in your mind and refuse to go away. You can usually distract yourself from the worry by doing something else which can take up some of your brain's thinking space. This might be by reading, doing some physical exercise, watching TV, cooking, or engaging in a hobby. Usually, activities which you enjoy work best.

Another fantastic way of distracting yourself from unproductive worry is to talk to another person. Talking about anything at all is helpful. Talking about the worry itself is often even more helpful. The act of saying something out loud and hearing another person's view can allow you to put your worry into perspective as well as let your amygdala know that its message has been received and doesn't need to be sent anymore. Writing down your thoughts and feelings can have a similar effect.

So, in summary, anxiety is our amygdala's way of communicating to us the things that something is dangerous. It's up to us to acknowledge them, to thank the amygdala for trying to keep us safe, and then decide whether to act on the amygdala's messages or not.

# Emotions: What are emotions and their functions?

Written by: **Danielle Huang,**  
Psychology Student

Think about when you last experienced the feeling of happiness, perhaps when meeting a loved one or doing a fun activity. It might have felt like your heart was filling with joy and you could have a big smile on your face. We experience emotions like happiness, sadness, fear, disgust, anger, and so on throughout our lives. But what exactly are emotions?

Paul Ekman, the author of the journal article “An argument for basic emotions” (1992) suggests that emotions tend to be triggered quickly and almost uncontrollably – think about how immediate your fright would be if someone were to let out a bloodcurdling scream right next to you! Moreover, emotions tend to be distinct from each other and we can quickly assess what emotion we are feeling as it occurs. Ekman proposed that being able to quickly assess, identify, and understand our emotions allows people to respond to and handle what he refers to as fundamental life tasks. These include avoiding dangerous threats or working towards a goal. Hence, emotions can enable us to act in ways that allow us to achieve our goals. Let us look at anger as an example.

Ekman theorises that anger occurs when someone else interferes with a person’s desired goal (1992). A questionnaire conducted by researchers Hutcherson & Gross (2011) at Stanford University revealed that participants typically indicate feelings of anger when presented with a scenario that threatened them, such as a fellow student stealing their exam paper to copy their answers. In addition, the researchers discovered that anger could incite a desire in some people to stop the thief.

In short, people may feel anger when they are under threat. However, anger does not simply just influence behaviour and mind, it can cause physiological changes to our bodies too!

For instance, anger can impact our autonomic nervous system which involves our involuntary bodily responses such as heart rate and blood pressure. Interestingly, researchers suggest that one physiological response is increased blood flow to one’s hands when they are feeling angry. They theorised that this is an evolutionary response related to the behaviour of fighting, perhaps in preparation to fend off a threat.

All in all, emotions are complex and meaningful. And researchers have viewed emotions in a multitude of ways – such as having a role in one’s understanding of a situation or as being triggered by positive or negative outcomes. They provide us with the means to interpret and face a situation. While positive emotions like happiness may make our lives richer, unpleasant emotions like anger or fear have their uses too, such as protecting us from danger.



# Setting Healthy Boundaries

Written by: Jouié Lim, Counsellor

Saying “no” is setting a boundary. It is educating others to respect your personal time and space. Unlike setting goals and managing time, setting boundaries can be challenging because it often involves others. Boundaries require us to communicate what we are comfortable and uncomfortable with. You might observe that children are able to set boundaries with a clear “yes or no” or “want or don’t want”. As children grow, some of the boundaries they set were met, while some were rejected. Through these experiences, they learn what is reasonable, appropriate, and accepted by their culture and society.

Humans are social beings and having connections is essential. We all need to have some connections with others. Here comes the difficult part. How do we care for ourselves by setting boundaries without feeling we are being selfish or offending others?

Healthy boundaries are part of self-care and it can increase your self-esteem. As your sense of identity grows, you learn to respect your own time and space. You realize that it is okay to say “no” at times. You learn to take a step back from other people’s problems to allow them the chance to resolve their own issues independently. You stop taking responsibility for other people’s problems and putting their needs before your own. Regarding work context, setting boundaries could prevent burnout. In summary, you start to be kinder to yourself and claim ownership of your life.



## Step 1: Identify Your Limits

This will require you to spend some time listing down your boundaries. Think about your values and life’s priorities. Consider your boundaries from work, personal life, and how you would like to conduct your relationships with others. As you identify your limits, it is important to take note of how you feel. Know that you have the right to set boundaries. Lastly, be aware of changes that are within or beyond your control and whether they are reasonable.

Here are some questions that you could reflect on:-

- What is causing me to feel overly exhausted?
- What are some things/ people that keep me going?
- What gives me unnecessary stress and discomfort?
- Who or what makes me feel safe, supported, and valued?

## Step 2: Express your boundaries clearly

Now you are aware of your boundaries, the next step is to communicate them to the people around you. If you often find it challenging to say “no” to others, here is a reminder for you. It is OK to state your boundaries. You will be surprised that most people will show respect and take note not to overstep your boundaries.

Points to take note of when communicating your boundaries:-

- Don't be afraid to say "no"
- Use “I” instead of “You”
- Share why it is important (keep it short and clear)

Types of Boundaries	Areas of Boundaries	Examples of Communicating to Others
Emotional	Your mental health and emotional wellbeing	<p>“I am feeling terrible and really need to talk to someone. Will this be a good time for me to speak to you?”</p> <p>“I understand you are having such a tough time. Right now, I am not in a place to take in all of this information. Do you think we can come back to this conversation later?”</p>
Material	Your possessions/ personal items	<p>“I am happy to lend you my phone charger. Just a heads up, I would need it back this evening”</p> <p>“I can’t lend you anymore money. Do let me know if I can help in another way.”</p>
Intellectual	Your ideas and thoughts	<p>“I can respect that we share different opinions.”</p> <p>“I know that I have made a mistake and am sincerely sorry to cause the inconvenience. However, I feel uncomfortable when you make belittling remarks at me.”</p>
Physical	Your personal space (desk, room), touch (hand shakes, hugs), physical needs (eat, drink, rest)	<p>“I’m more than happy to let you sit at my desk. Just a reminder not to eat there.”</p> <p>“I have sensitive hands. Are there any gloves that I could wear when doing this task?”</p>
Time	Usage of your time	<p>“I have an appointment after you. If you are going to be late for more than 10 minutes, I would have to postpone our session.”</p> <p>“I would like to watch movie trailers before the show starts. In case you cannot make it on time, I will leave your ticket with the ticketing officer.”</p>

### Step 3: Be Consistent

Congratulations on sharing your boundaries. This is a learning process for you and the people around you. Be patient, because some might need gentle reminders about your preferences. Stay consistent and stick to your boundaries with conviction.

Establishing our boundaries is part of self-care and it plays an important part in our personal growth. Setting healthy boundaries allows us to shape our self-worth and improve our interactions with others. In addition, it protects our mental health, physical health, values and beliefs, time, and possessions.



### Steps to Set Healthy Boundaries:-

#### 1. Identify your limits

Know what is acceptable and unacceptable to you. Be realistic and reasonable.

#### 2. Express your boundaries clearly

Communication is key. The clearer you are, the fewer people have to guess what's on your mind.

#### 3. Be consistent

Some things do not change overnight. Be patient with yourself and others. Remind others when the time calls for it.

*If this is an area of your interest to work on. Our counselors at Transworld Wellness are happy to speak to you.*



# Spotlight Interview of a Fellow Seafarer:

## CAPTAIN JASWANT SINGH

### **Can you tell me a little about your life story?**

I come from a middle-class family from a small village in Jhajjar district in the State of Haryana which stands tall for its achievements in agriculture industrialization, flourishing arts culture, and its sportsmen. Growing up I looked up to my father as a strong and hard-working farmer as the root to our family. Unfortunately, we lost him 2 years ago, my mother is the trunk of the family now guiding us with her knowledge and experience. Started my primary education at a local village school, and high/secondary school education from our district town, Jhajjar. Upon completing my secondary education, I joined the merchant navy in the year 2000. I studied Pre-Sea training from Mumbai and later underwent my onboard training and completed my 2nd Mates in 2005. During my 22 glorious years in shipping, I sailed with Essar shipping/British marine as 3rd mate, and later have sailed in Mitsui OSK Lines until I became the Chief mate. Since the beginning of my career, I wanted to join a Company that apart from my professional career would also treat one as a family member. Right from the beginning in OESM and later in PSM with VR maritime Services, I am feeling like part of an organization that cares for me like a family member.

### **How long have you been working in shipping?**

I have completed 22 Glorious years in shipping.

### **How did you become interested in the shipping industry?**

I wanted a life full of adventures. Guided by my father's friend who shares his experiences of an adventurous life full of challenges with the opportunity of visiting different parts of the world and exploring their cultures, I joined the challenging and adventurous field of Merchant Navy.

### **What were the steps you took to become captain of SOL Progress?**

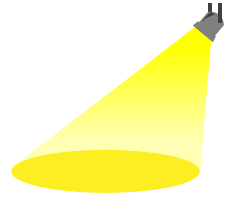
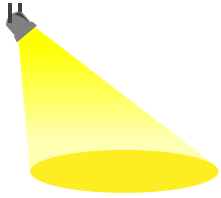
I sailed on the good ship SOL Progress since the time of takeover in 2019, and later during the Dry docking of the beloved ship in 2021-2022, I have cared for this ship as my child, and I have worked extremely hard in Support of Providence ship management to maintain SOL Progress as Best vessel of PSM fleet. Additionally, SOL Progress is calling Indian Port of Kolkata, which makes you feel like being in home country.

### **Do you enjoy working onboard ships?**

Definitely yes, I enjoy working onboard ships with sailing across oceans, enjoying different colours of the sea from dawn to dusk and again from dusk to dawn. As a different person with having different definitions of enjoyment, I enjoy maintaining the ship in its best condition as my home. As a seafarer, ships are our first home as we spend more time on ships than at home

### **Do you mind sharing aspects of your work that you enjoy?**

Yes, I enjoy being a Master Mariner, I feel proud navigating the ship through oceans. I enjoy most when maneuvering her in enclosed waters in different traffic conditions.

**Do you feel there are aspects of shipping that are difficult?**

The most difficult part is being away from your loved ones, and not being able to join with them in their happy moments and when they need you in any emergency or other serious situations.

**How do you cope with challenges?**

I cope up with above challenges by strengthening myself internally and keeping myself motivated and involved in shipboard activities, spending additional time for training juniors, and upgrading vessel in various aspects. Moreover, it is only possible with the support of my family who manages everything smoothly back at home, thus, allowing me to work onboard with free peace of mind.

**Do you have any advice for people just starting in this career?****• For new staff?**

Loyalty and integrity are the two key aspects of success in addition to hard work. New staff needs to seek guidance from seniors and fellow seafarers, working with utmost safety precautions. A good healthy relationship with all onboard is very important for efficient teamwork. From the beginning, one of the best practices is to follow a good routine to be at best physical and mental well-being. Some exercise, meditation, and balanced diet, and proper rest during off-duty hours are the key to physical and mental well-being onboard.

**• For junior staff?**

Junior staff comes with great enthusiasm. They should have their goals set and should take guidance from seniors to achieve their set goals. One has to feel proud in his profession and work hard with loyalty and show good initiative to achieve the goals one has to set prior to joining shipping. They should show initiative for continuous learning from their seniors and fellow seafarers by following a safety culture. In today's stressful atmosphere onboard, maintaining good mental health is very crucial.

**What are your views on mental health?**

Mental health and well-being have become a serious matter of concern in today's stressful atmosphere onboard ships. It becomes even more important for seafarers to work towards one's mental health, since seafarers stay alone, away from their families for months.

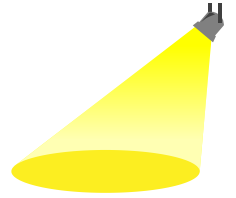
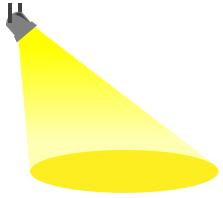
**Any advice you have for people who may be struggling with mental health concerns?**

In today's stressful atmosphere onboard, maintaining good mental health is very crucial. For good mental wellness, all onboard vessel should balance their work and rest time so as to spare time for welfare activities including Yoga/Exercise/meditation and some recreational activities.

**What are your own self-care/ self-help strategies?**

Whenever I feel low, my strategy is to meditate and listen to spiritual music which helps up gather positive energy. Also, spending time with other members of the ship staff and organizing some recreational activities helps to overcome any mental health concerns.



**Have you noticed a difference for ship crew & seafarers during Covid times?**

The COVID pandemic time was even tougher for the seafarer community than for others on shore. Seafarers are stranded onboard ships for months after completion of their employment agreement period due to crew change restrictions worldwide. No Shore leave and Crew change restrictions impacted the mental and physical wellbeing of seafarers. Additionally, the ship operation was made difficult due to restriction in Store/spare supplies and restrictions in technician arrangements for technical assistance required onboard ships.

**Has the pandemic made things more difficult, if so how?**

The pandemic made things difficult causing mental and physical health issues. In these times, many people lost their loved ones and economies crashed and a lot of people lost their jobs and many businesses got badly impacted due to lockdown restrictions.

**Has the pandemic impacted on people's mental and physical health? Impacted on their overall well-being?**

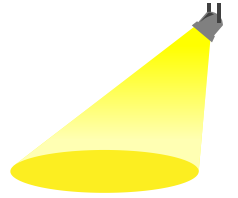
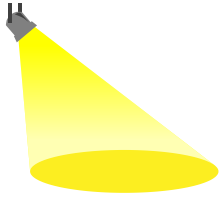
Yes, for sure the pandemic impacted the mental as well physical health of people. Many people lost their near and dear ones, and people infected by Covid have post covid health implications. Due to lockdown situations for longer periods and many people losing their jobs and losses in the business affected their mental well-being.

**From your experience, what are the current challenges you are seeing for seafarers in the industry?**

The current challenge for seafarers is to overcome the mental setback caused due to covid pandemic restrictions. The repatriation of seafarers in some parts of the world is still restricted or limited with a lot of standard operating procedures to follow strictly as an aftermath of this pandemic. Due to the Russia-Ukraine war seafarers from Ukraine are restricted from joining affecting the replacement of seafarers to be followed, thus making the management of vessels difficult for the seafarers as well as the ship owners. The quality of training for new seafarers is another serious issue to be looked upon. In addition to theoretical training, practical training is more important for trainees and cadets

**What steps should be taken to improve?**

Ship owners' managers to provide good support to seafarers for the safe operation of vessels. Additionally, physical well-being can be taken care of by providing good cuisine onboard. Mental well-being can be taken care of by providing good recreational facilities and mental wellness guidance which is very nicely provided by the Transworld Mental wellness program. Appreciation of incentives and timely relief is another important factor for motivation and good mental well-being.



**Any other additional comments you would like to make?**

I would like to take this opportunity to salute all the seafarers who dedicatedly serve onboard the ships while being away from family and social life, to safely and efficiently transport cargo from one place to another worldwide, bringing smiles to many lives all over the world. A special appreciation from the bottom of my heart to Capt. Sanjay Parashar who took the initiative of driving in the point to the Ministry Of Shipping, India that seafarers are part of the essential services during the pandemic as shipping was the only means of transporting essential goods including medicines worldwide. Thus, making repatriation of seafarers possible in India first, then the rest of the world. It's a great honor and privilege to be associated with such organizations such as VR Maritime Services and Providence Ship Management Pvt. Ltd where seafarers are valued, and their welfare is always of utmost importance as we are considered as one big family.

As a great initiative VR Maritime Services honoring Seafarers associated with them for continuous 5 Years. Self for completing more than 5 Years with VR Maritime is awarded with Employee recognition Memento on 12-Aug-2022 at VR Maritime Services India Mumbai Office. Receiving this award was a proud moment in my sea career

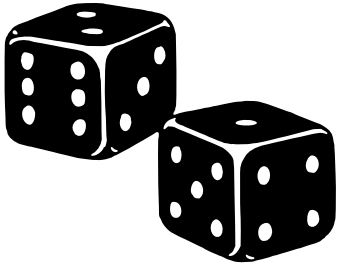


# Fecilitations

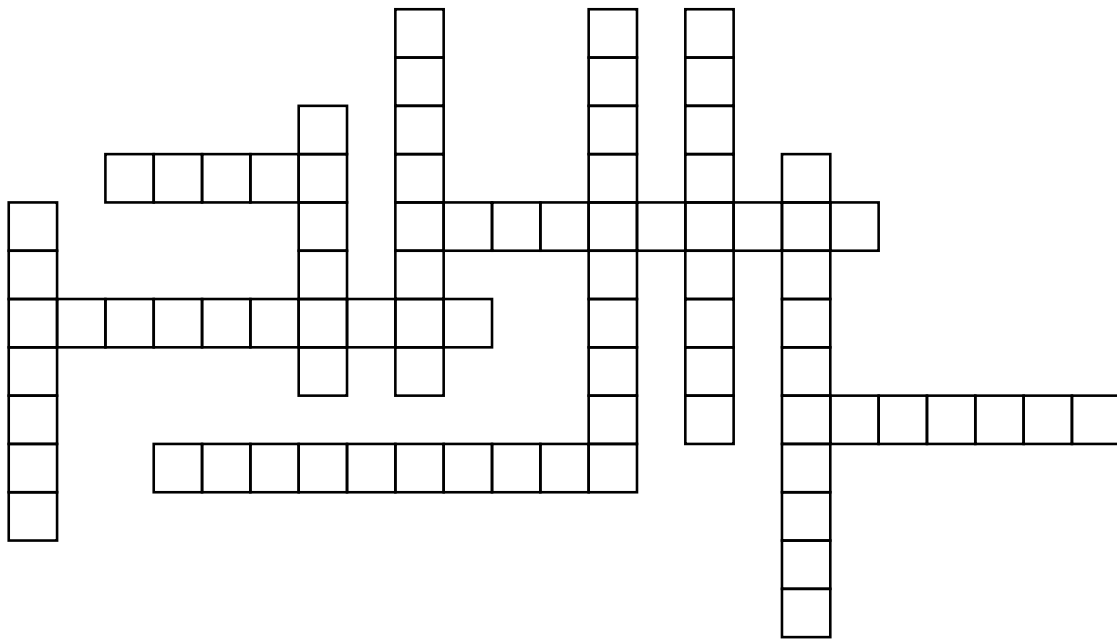
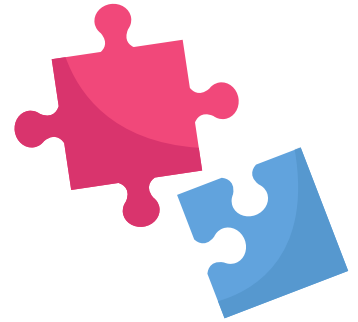
Thank you and congratulations to Captain Hariharanath Kanteti (top), Captain Suresh Kumar Ruckmangthan (middle), and Captain Zeeshan Shakil (bottom) for completing five years with Transworld and Providence Ship Management.

We are grateful for your exceptional work and service!





## Well Being: Crossword Puzzle



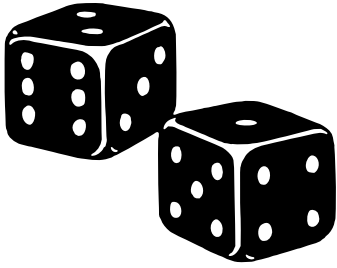
### Down:

1. Formation about a process or interaction provided to someone that eliminates problems or otherwise optimizes functioning.
2. An area of one's behavior or personality that others are aware of but we are oblivious too.
3. The act, state, or right of possessing something.
4. The first stage of grief, characterized by a conscious or unconscious inability to accept another's death.
6. The fourth stage of grief characterized by feelings of sadness, loss, regret, or uncertainty.
7. Being in a good physical or mental condition.

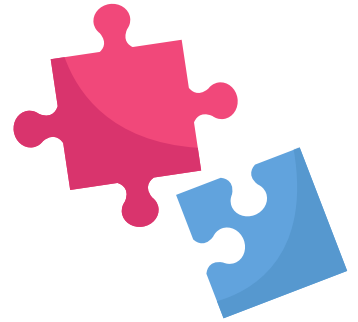
### Across:

5. An unoccupied and empty area.
8. The manner of setting limits on our personal time.
9. the last stage of grief, characterized by some degree of emotional detachment, objectivity, or resignation to the reality of death.
10. Emotional state of unhappiness, ranging in intensity from mild to extreme.
11. Dealing with important matters over others ones.

**Answers on Page 23**



# Well-Being: Word Search



S	I	B	L	I	N	D	S	P	O	T	S	R	T
N	S	N	N	I	D	E	N	I	A	L	E	S	N
U	L	Y	C	I	I	S	U	N	I	A	D	G	P
S	E	O	S	I	I	D	P	N	S	S	S	G	N
T	L	N	S	L	A	L	W	A	O	R	I	G	O
G	S	D	A	S	D	L	I	A	C	B	B	N	I
W	E	A	S	G	L	I	I	A	S	E	P	I	S
O	B	O	U	N	D	A	R	I	E	S	P	V	S
H	E	A	L	T	H	Y	S	I	R	C	C	I	E
A	I	S	S	E	N	D	A	S	C	T	I	L	R
L	H	P	R	I	O	R	I	T	I	E	S	S	P
R	E	O	W	N	E	R	S	H	I	P	O	S	E
O	R	S	E	C	N	A	T	P	E	C	C	A	D
S	O	N	O	W	B	G	N	I	V	E	I	R	G

Depression

Boundaries

Sadness

Healthy

Ownership

Blindspots

Acceptance

Space

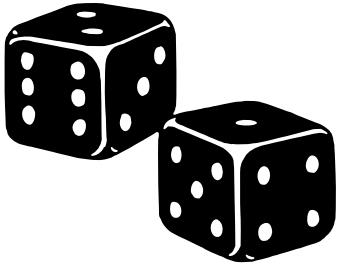
Priorities

Loss

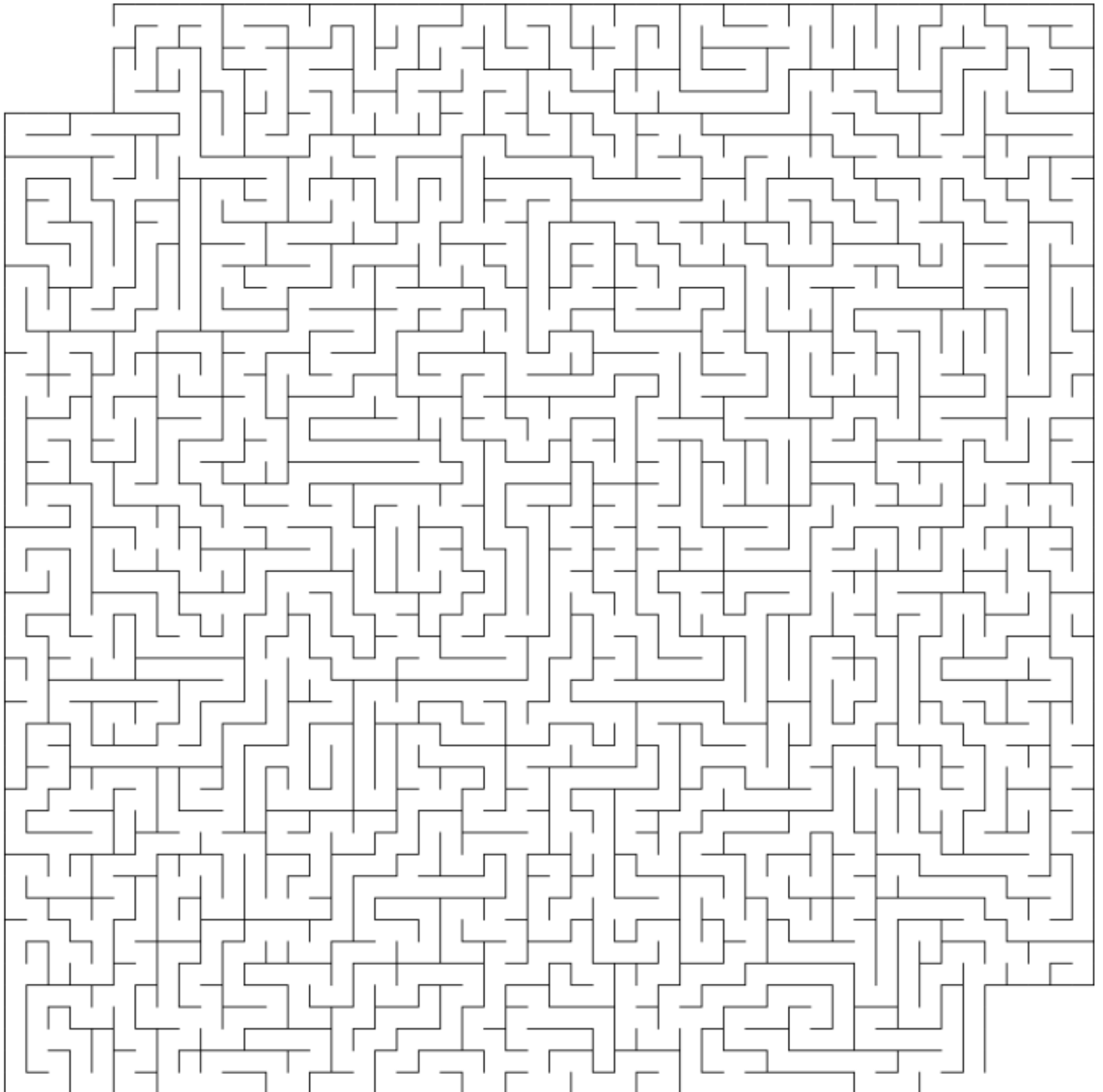
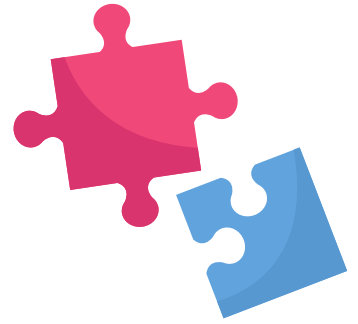
Denial

Living

Grieving



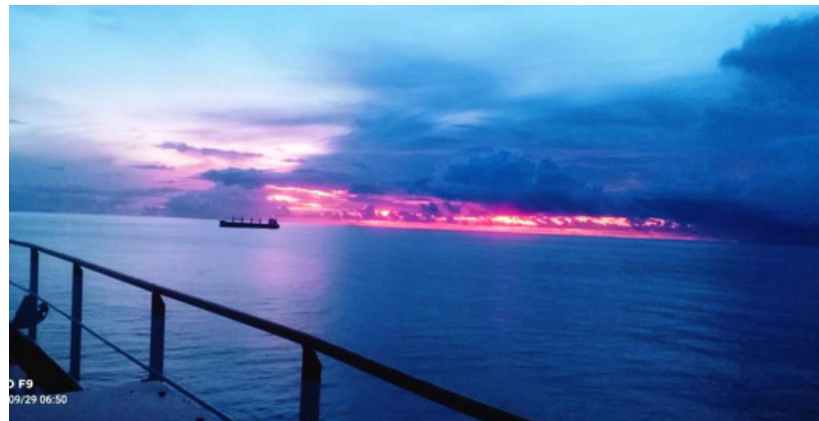
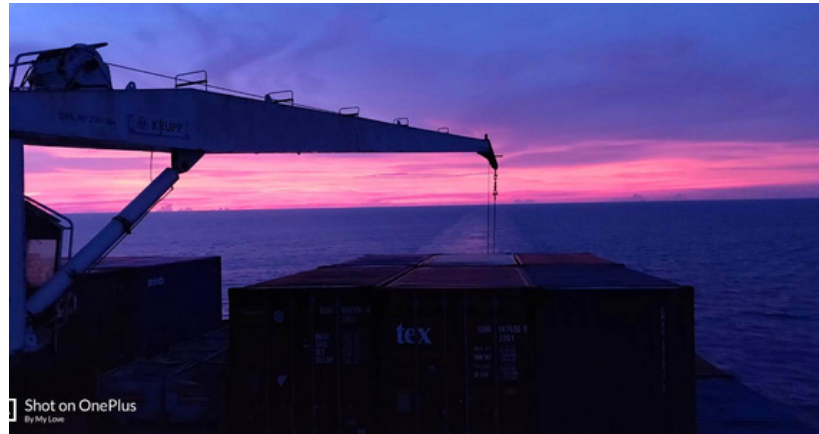
# Get through the Maze!





## Photo Competition Winner!

Thank you all so much for your beautiful photo contributions!  
Congrats and well done to our top three choices:



### Photo winners:

Left Vertical: Mr Arul Sibi

Top Right: Mr Vikram Singh Verma

Bottom Right: Mr Trilochan Kumar

**For honorable photo submission mentions, please click here:**

<https://www.youtube.com/watch?v=0jyfqcogYL4>



## **Photo Competition**

**Are you passionate about photography?**

**Submit your photos to us and the best entries will be featured in our next newsletter!**

**Email your entries to [info@transworldwellness.com](mailto:info@transworldwellness.com)**

**with the subject title**

**"Photo Competition Newsletter #4"**



# Article References



## Useful mental health and wellness links, resources, materials

### Living with Grief

- <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>
- <https://www.verywellmind.com/five-stages-of-grief-4175361>
- <https://www.opentohope.com/the-5-stages-of-grief-and-coping-strategies/>
- <https://www.discovermagazine.com/mind/the-traumatic-loss-of-a-loved-one-is-like-experiencing-a-brain-injury>
- <https://www.sciencefriday.com/articles/brain-grief/>
- <https://www.hospicewr.org/Western-Reserve-CareLink/February-2018>
- [https://www.henryford.com/blog/2018/06/how-coping-with-grief-can-affect-your-brain#:~:text="](https://www.henryford.com/blog/2018/06/how-coping-with-grief-can-affect-your-brain#:~:text=)
- <https://www.americanbrainfoundation.org/how-tragedy-affects-the-brain/>

### Johari's Window

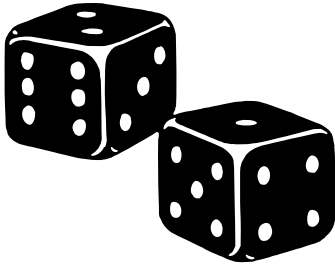
- <https://www.eln.co.uk/blog/the-johari-window>
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### Understanding Emotions

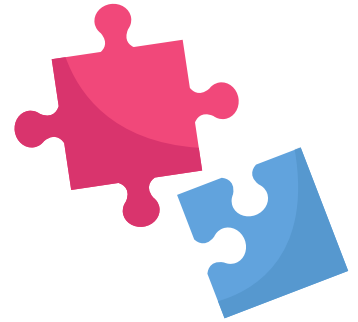
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### Setting Healthy Boundaries

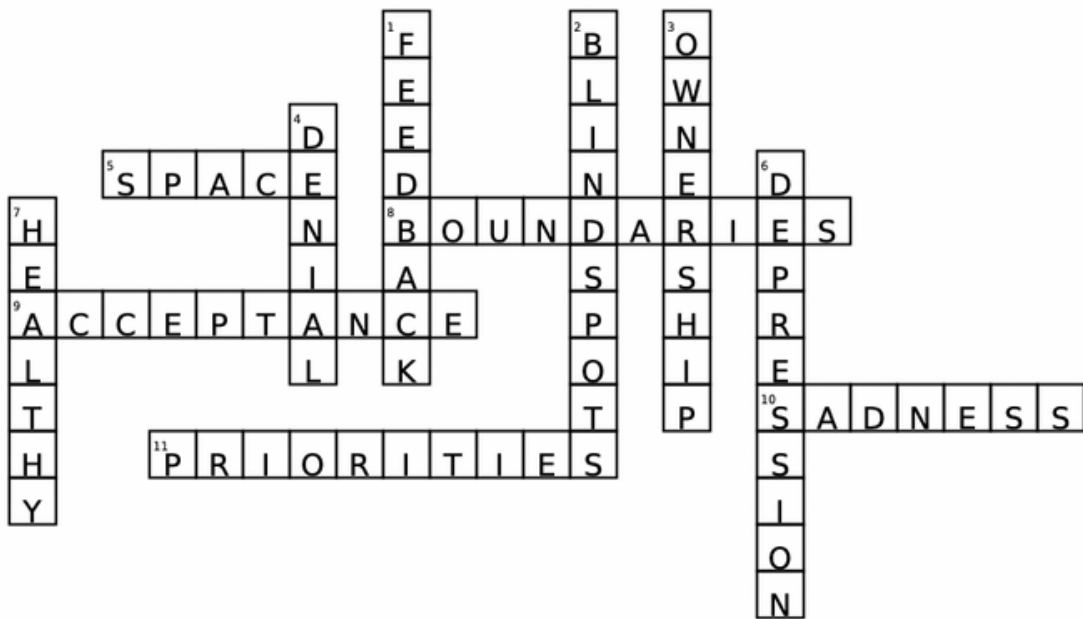
- <https://www.scienceofpeople.com/how-to-set-boundaries/>
- <https://hbr.org/2022/04/a-guide-to-setting-better-boundaries>
- <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>
- <https://www.theresiliencecentre.com.au/boundaries-why-are-they-important/>



# Crossword Puzzle



## Answer Key



**Down:**

- 1. Formation about a process or interaction provided to someone that eliminates problems or otherwise optimises functioning.
- 2. An area of one’s behavior or personality that others are aware of but we are oblivious too.
- 3. The act, state, or right of possessing something.
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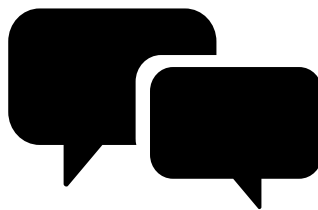


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Transworld Wellness Team!**

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questions or concerns  
newsletter feedback  
suggestions on article topics  
enquiries on counselling services



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