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SMOOTH SAILING VOLUME 2

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TRANSWORLD
WELLNESS



"Around here, however, we don't look backwards for very long. We keep moving forward, opening new doors and doing new things, because we're curious... and curiosity keeps leading us down new paths" - Walt Disney

Welcome!

Dear Reader,

Hello and welcome to the second edition of ***Smooth Sailing***! Thank you for returning again to read our newsletter. We at Transworld Wellness are happy to once again provide you with a list of helpful wellness tips, informative articles and inspirational stories.

As our small department grows, we are humbled by all your support, kindness, and incredible interest in our work thus far. When developing this initiative, we were embarking on uncharted territory and creating a new path. We were uncertain of our trajectory and how our psychological and mental health methods would be accepted, since issues like stigma remain an obstacle.

However, the feelings of uncertainty did not last long. The enthusiastic encouragement and genuine interest from our seafarers became the light that propelled us forward. In trying to create a synergistic relationship between psychology and shipping, we slowly but surely found our own niche. Transworld Wellness is now very proud to say that we can also call the maritime industry our home!

We wanted to take this opportunity to share your reviews and feedback on our work.

Our Basic Mental Health Training: Optimising your Mental Health & Wellness received an overall rating score of 9.2/10. Also 98% of training attendees stated that they will recommend the training to their colleagues. Please see your reviews on the training:

“Training is one of a kind that I ever attended and it really helped me to understand how to overcome odd situations in life and how to help others when they are in depression. Overall the training was helpful.”

“The content was good and well organised. It was good for everyone regardless of any field. It might create an impact on people and make them aware about mental health issues and to support others.”

“Absolutely needed training for the profession we are in, an untouched subject by many big organisations, though very relevant. Very informative”

“Very clear, easy to understand, and extremely practical with seafarers lifestyle.”

Thank you all for the exceptional welcome and feedback! Your validation of our work is a fantastic motivation for us to keep moving forward to continue to develop ways to provide seafarers with the support they deserve.



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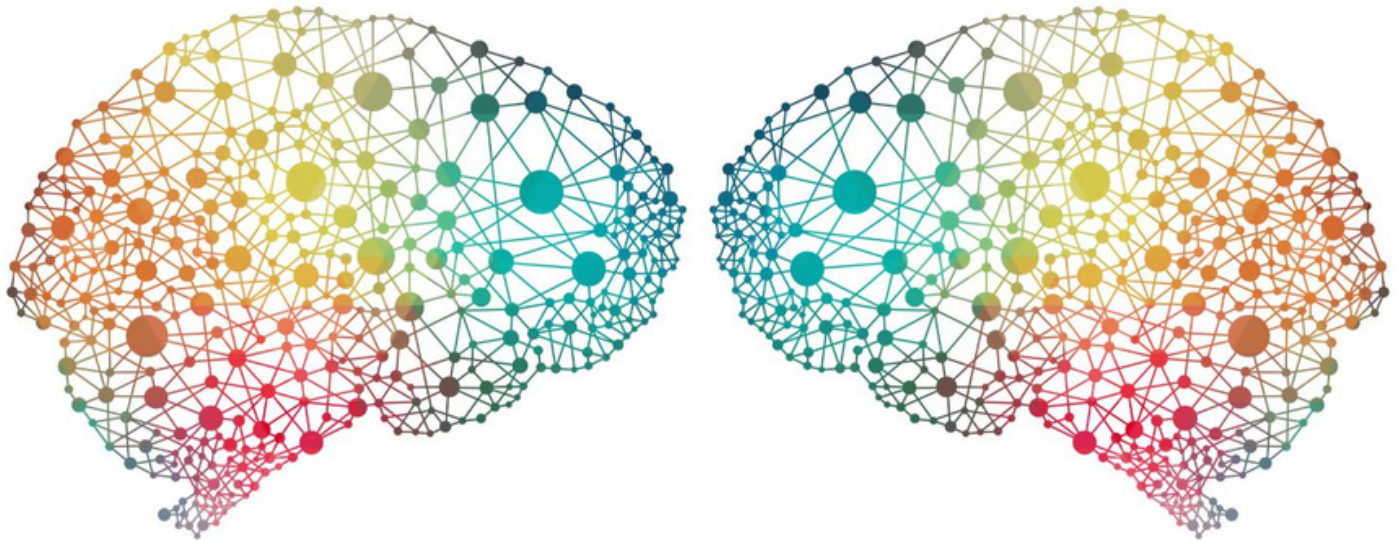
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Empathy & The Brain

Written by Dr Mithila Mahesh, Clinical Psychologist

The Mysterious Power of Empathy

When you are watching a movie, reading a book, or listening to a story have you ever felt scared or worried for the main character when they were in a difficult situation? When something wonderful happens to one of your loved ones, have you felt that glow of happiness for them? You are so happy and excited that something great has happened to them! How about when you are watching a friend do something dangerous like bungee jumping, how do you feel?

Anxious, nervous, stressed for them? How are we able to harbour a connection to another person so strongly that we can feel what they are feeling?

This connection is none other than empathy! You may have heard these phrases regularly associated with empathy, “putting yourself in their shoes” or “walk a mile in their shoes.” This is the ability to put yourself in another person’s position, see their point of view, and become aware of their experiences and circumstances. Being empathetic is one of the most powerful qualities of what it means to be human, because it allows us to build strong and lasting relationships.

Empathy is knowledge. It intrinsically results in learning about others, understanding them, and knowing what steps are needed to make them feel better. You are more aware of the people around you, noticing their struggles and sensing their pain. Through reflecting others’ emotions, we are less likely to make quick judgements and preconceived notions. We can then take the right steps to help and support them in the most effective way.

Though empathy is incredibly important, the biological source of these natural connections have left scientists and researchers puzzled for decades! Experts in this field noticed that our brains elicit emotions, such as joy, worry, excitement, and stress, in response to something happening to another person. What is most exciting is that very often this happens organically without being forced or planned. Our brains intuitively register what another person is experiencing and accurately reflect the same emotions in us.

Scientists report that this ability is universal and in all of us, but they were baffled about what was the neurological cause that led to empathy...

The Science of Empathy

The scientific background of empathy kept perplexing researchers until an accidental discovery was made. In 1992 in the University of Parma in Italy, a neuroscientist named Giacomo Rizzolatti led a team that was studying the brains of macaque monkeys. They used electrodes to measure brain activity – or neuronal activity – when the monkey was doing certain activities, such as grasping food.

Specifically, they measured the neurons in the monkey's brains. Neurons are cells that send and receive information signals from the outside world into our brain. See right, image of neurons in the brain.

They create connections in the brain through electrical and chemical impulses to send and receive messages. Think of it as an in-brain email service!

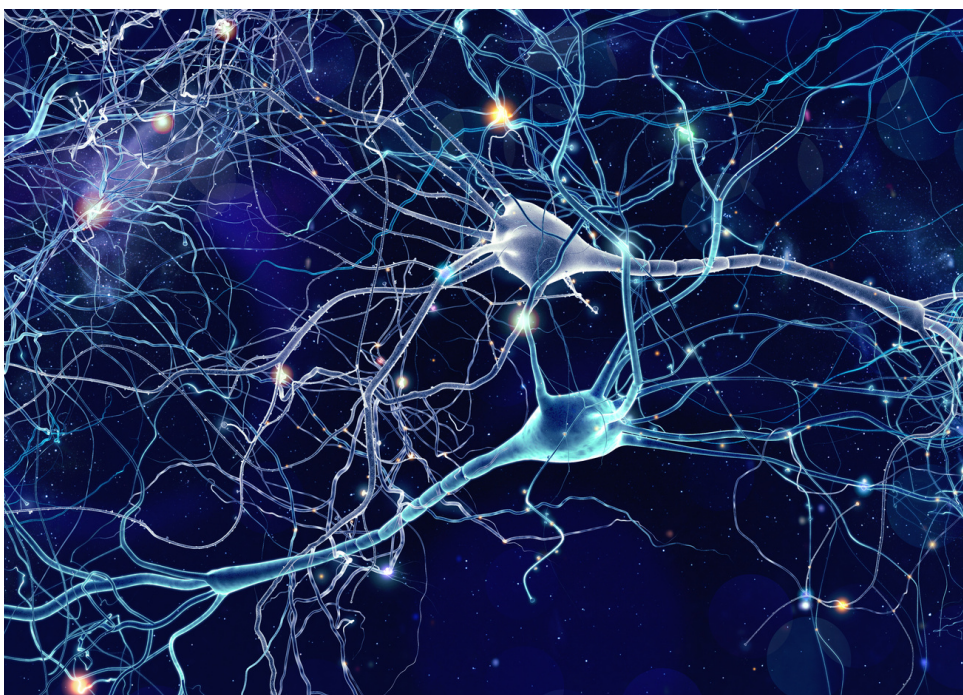
Amazingly, all our decision-making, thoughts, movements, balance, and posture are controlled by the billions of neuronal signals and connections in our brain! Neuronal connections grow with increased activity and brain stimulation. Basically, the more we use and challenge our brain, the stronger it becomes with more neuronal connections. This quote by Tim Berners-Lee, English computer scientist who invented the World Wide Web, explains it best:

“There are billions of neurons in our brains, but what are neurons? Just cells. The brain has no knowledge until connections are made between neurons. All that we know, all that we are, comes from the way our neurons are connected.”

How does this relate to empathy? We now understand how the brain processes information, so how does it process other people's emotions?

In 1992, when Rizzolatti was measuring neural activity in monkey's brains he noticed something different. His team recorded that when the monkey did an activity (i.e., grasping food) certain neurons in its brain activated. Then when that same monkey watched another monkey or even another human doing the same activity (i.e., grasping food), the same neurons in its brain activated. This discovery was a big surprise to them! Whether the monkey grasped food or simply watched someone else grasp food, the same neuronal connections in its brain were activated! This is called mirroring and the same mechanism is also seen in humans.

These are named “mirror neurons”



to show certain neuronal connections activate when we do an activity or when we see others doing the same activity. In other words, our brains naturally “put itself in another person’s shoes.” Therefore, when we see something sad or happy happen to another person, we reflect those emotions. Hence, mirror neurons are said to be the scientific and biological basis to empathy.

Have you ever watched a sad movie and started to feel tears in your eyes? What about watching a funny movie, do you laugh at the humour? These simple and common examples of how your brain and body are naturally reacting to another person’s experience may be related to mirror neurons!

Empathy, the Universal Skill

In understanding what empathy is and its scientific basis, we can see that this ability is very much within human nature. The empathetic skill is in all of us. We all have the power to understand and care for others, the only difference is how we use it. In today’s busy world of demanding jobs, instant gratification, and social media, the hectic and constant hustle and bustle

sometimes pose as a distraction.

As we saw, there is a biological basis to empathy, but one’s environmental surroundings have an impact as well. To be empathetic, the brain needs to listen to and understand another’s story and then register their emotions and feelings. If it is distracted by so many other factors, how can our brains focus? How can we properly empathise with others without taking the time to first give them our full attention?

Since it is a type of knowledge, to empathise is also to learn. In the same way as learning a new skill or studying for an exam, to fully harness your empathic potential you need to first remove distractions and concentrate. For instance, when someone is speaking to you, actively listen to their story without making judgements. We recommend putting your phone away and giving them your full focus. Only through this type of committed listening will you be able to properly process the information and register their emotions.

Though everyone naturally has some level of empathy, this skill can always be improved by enhancing your listening skills.



The Impact of Loneliness & Steps to Manage it

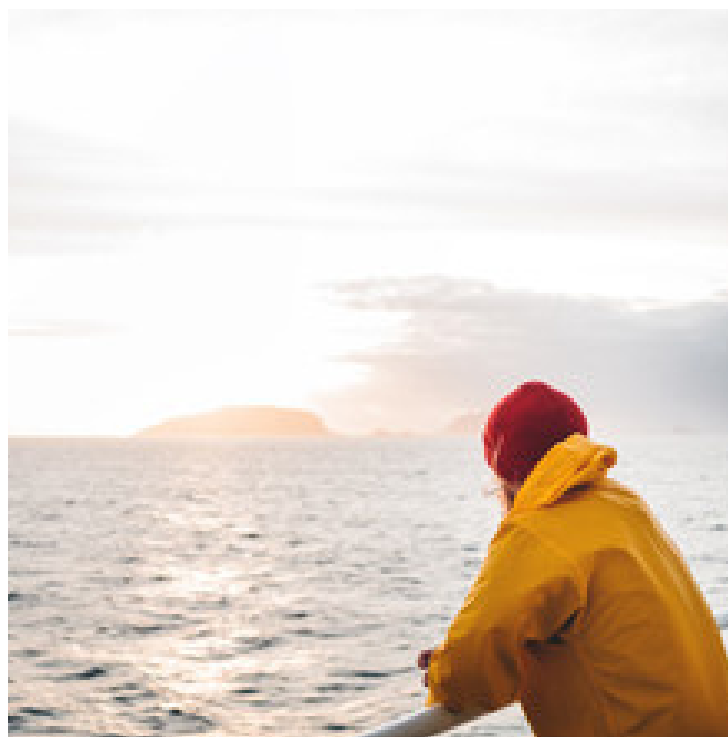
Written by Sangeeta More, Counsellor

What is Loneliness?

Human beings are social animals, so we thrive in relationships with other people. Whether it is speaking with a family member or developing new friendships, connecting with others improves our well-being. Conversely, when there is a disconnect from people, we feel lonely. We all feel lonely from time to time. It is a common emotion.

Loneliness is not the same as being alone. Sometimes we crave to be by ourselves. Just being away from all the noise and chatter, gives us a sense of peace and calm. Spending time alone may help us relax and recharge.

It is assumed that a person who is often surrounded by others, with a very active social life can never be lonely. But this is not true. Anyone at some stage of their life can feel lonely. This is called emotional loneliness.



This means that the strength of a connection depends not just on the quantity but also on the quality of the relationships we have. When there is no authentic connection, we can feel lonely. In an authentic relationship there is acceptance, trust and honesty. You feel safe and there is no judgement. We don't need too many of these connections to feel good, just a few deep relationships with trusted friends, families or colleagues can greatly reduce loneliness and improve well-being. For example, when feeling lonely, connecting with even one friend or relative makes us feel better.

Loneliness is a state of mind, regardless of the amount of social contact. Hence, some people can be alone and yet not be lonely, while others can be surrounded by people but still feel lonely.

It is a very personal experience and can be different for everyone. There is no common cause for loneliness. It can be triggered by multiple different situations: moving to a new place, starting a new job, being physically isolated from people due to Covid-19 or other illnesses, retiring, having a relationship break-down or grieving over a passing of a loved one.

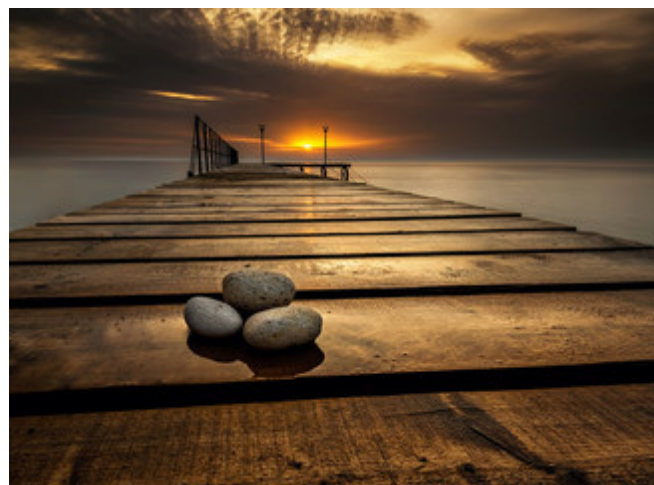
Of note, when the feeling of loneliness continues unchecked for a long time it becomes chronic. This can lead to mental health problems as loneliness results in negative feelings of worthlessness that impacts how you see yourself. It leads to fearing any type of social connection and having negative thoughts such as “no one likes me” or “no one will want to connect with me”. These types of thoughts reduce a person's motivation to reach out to others to build and sustain positive connections. Therefore, in chronic loneliness there is an overwhelming feeling of isolation wherever you are and whoever you are surrounded with.

Biological Impact of Loneliness

Our brain is wired with a natural alarm system to protect us from different threats. When we perceive any kind of danger, the stress hormone, cortisol, increases to help us fight with the situation and protect ourselves. Once the danger passes, cortisol decreases and we feel calm again. Sometimes due to increased stresses in our lives, the cortisol levels are always high, which over a period of time can increase the risk of anxiety, heart disorders, and strokes etc.

In terms of brain health, long term loneliness can also impact one's cognitive skills. For example, it may cause difficulties in concentration, reduced problem solving and trouble with decision making. These factors would negatively influence work performance. Mental health wise, chronic loneliness affects the brain's ability to actively and effectively challenge negative thoughts which may increase risk of depression and anxiety.

Interestingly, research has shown that social interaction is a fundamental need for our brains. When there is no social interaction, our brain is under-stimulated and less active. Positive social interactions activate the reward pathway in our brain, releasing the neurotransmitter dopamine which lifts our mood and feelings of happiness.



Overall, these biochemical reactions to social interaction lead to emotional stability. Thus, social relationships and engagement with trusted family, friends and colleagues stimulate the brain and improve cognitive skills.

Tips to Combat Loneliness at Sea

Living at sea onboard ships and being away from loved ones may cause seafarers to experience loneliness more often than others.

To work on board seafarers not only have to be physically strong but also mentally and emotionally strong. While at sea there may be limited access to the same social connections that are had on land, like with family and friends, which may aggravate the feeling of loneliness.

Thus, there are many ways to keep loneliness at bay when onboard:

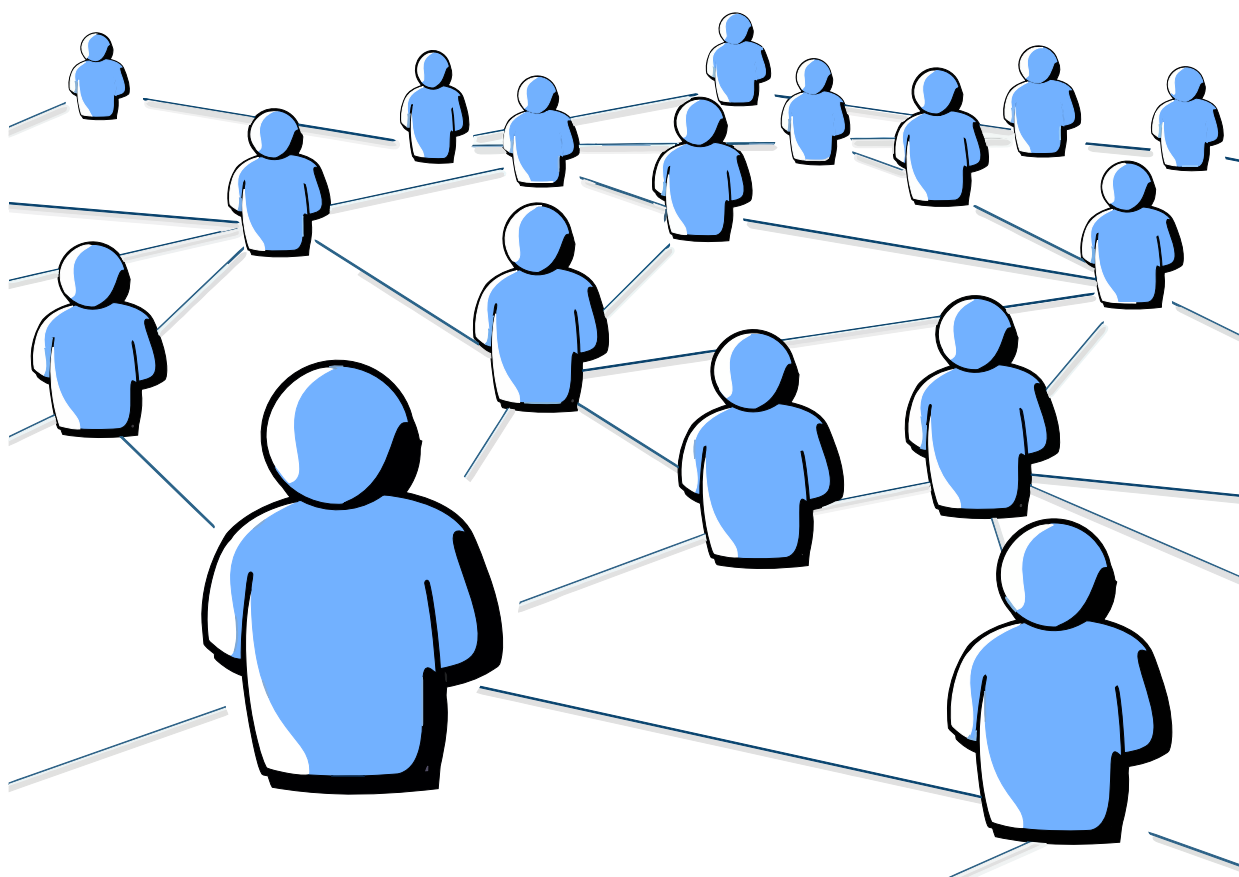
- First, be aware when the feelings of loneliness creep up. Validate the emotion and accept it. You can say to yourself, 'I am lonely and I have to do something about it.' The longer you leave it, the more difficult it becomes to overcome.
- Remind yourself that you are not the only one feeling this way. Others may be feeling lonely too. Take the initiative and approach your

- colleagues. Make new friends. Build new connections.
- Exercise regularly. Exercise increases the happy hormones, like endorphins, in our body. It activates our smart brain which leads to rational thinking and allows us to have a more positive approach to situations.
- Join sports activities onboard. Being outdoors in the sunshine can help your mood and the fresh air will re-energise you.
- In today's digital era, technology is available to help us connect. Set up routine phone calls with your old friends, family and loved ones.
- Use the recreational facilities onboard to connect with people. Like, karaoke, carrom board, and table tennis. Participating in group activities reduces the feeling of isolation.
- Mentor a new recruit. Helping others is a great way to help yourself. It keeps you motivated to do better

- Do things that you enjoy alone, like reading and listening to music. Write a journal. Meditate and make a list of things you are grateful for.
- Develop a hobby which you can continue while sailing.
- Join a club or volunteer organisation, with whom you can connect while onboard.

When we feel lonely it is very easy to turn to alcohol or other drugs to help us feel better. You may think this helps but it is a temporary solution. Slowly the 1-2 drinks are not enough so intake increases which may eventually lead to an addiction. Hence, it's best to avoid alcohol and drugs as a means of reducing loneliness.

If the feeling of loneliness is too overwhelming and you can't cope, please reach out to us at info@transworldwellness.com.





Spotlight Interview of a Fellow Seafarer:



CHANDRA MOHAN

Can you tell us a little about your life story?

I hail from Chennai a city known for its art, architecture, dance, music and drama. My family tree has my father as it's trunk, strong and a sharp businessman, my mother was the root of the family nourishing us with food and knowledge of life, we lost her a few years ago. Hence, my wife has taken the role of the root of the family who imparts culture and knowledge like my mother did to my sweet little children a boy and a girl. They are the fruits of this family tree. After completing my B.E (Mech.) from Madras University and GME in CMET Chennai, I started working for a software company, power plant, but wanted to explore more in life, which led me to joining the merchant navy and since then have completed 19 years of adventurous and fruitful sailing. During my earlier days of my shipping career I joined Gati coast to coast as junior engineer and then joined Fleet management where I continued until I became Chief Engineer. I was looking for a company which apart from being professional would also give the warmth and support like a family, I started experiencing this from the time I became a part of VR Maritime family and happy continuing with this management as they treat me as a family member.

How long have you been working in shipping?

I have completed 19 glorious years in shipping.

How did you become interested in the shipping industry?

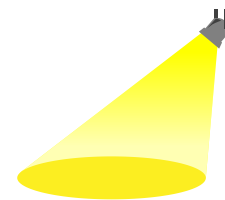
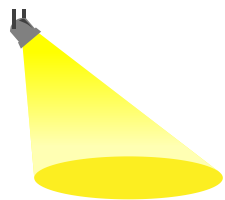
The real reason I developed my interest in shipping was when I heard experiences of seafarers who were known to me that along with hard work onboard the ship a sailor can avail the benefits of visiting different places in various countries, check out different cultures, experience various scenarios at work and at sea. The adventure of sea life is like an adrenaline rush for me.

What were the steps you took to become an engineer at Providence Ship Management (PSM)?

Since I wanted to sail on ships that trade closer to home, I learnt of Providence Ship Management (PSM) whose fleet of ships trade between ports in the Bay Of Bengal. Hence, immediately I sent my CV via email to them and they arranged for an interview so as to gauge my competency and experience required to man their fleet of ships. So here I am, sailing on the ships under their fleet.

Do you enjoy working onboard ships?

Yes pretty much enjoy every aspect of being a seafarer and sailing across the seas. As everyone is aware that each person has his/her own definition of enjoyment, mine is maintaining the ship's machineries so as to have smooth sailings.

**Which parts of your work do you most enjoy?**

Having a mechanical engineering background my work satisfaction comes from working on different types of machineries and solving various trouble shooting that arises during my tenure onboard the vessel.

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

Yes there are a few aspects of shipping that are difficult, especially not being able to be physically present with family during some of the festive seasons, family's auspicious occasions or during family's serious situations.

Do you think other seafarers will have these same challenges?

All seafarers have the same challenges as they leave their family behind at home and board the vessel for a particular amount of time, for which period the family members have to manage without the seafarer being physically present.

How do you cope with challenges?

By strengthening my inner being through meditation and keeping myself motivated all the time I can cope up with the challenges of the sea. Along with me, I get my fellow shipmates motivated and we work as a team at all times.

Do you have any advice for people just starting in this career?

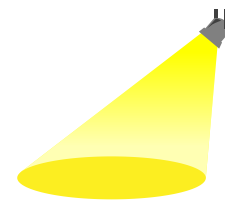
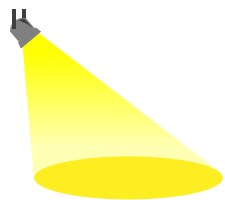
- Hard work yields fruitful results. Therefore, work hard to excel in your field of work, keeping your final goals with regards to career in mind always. Work with utmost safety onboard ships, keeping good healthy relationships with fellow seafarers and working as a team in all situations, whether during a routine job or in an emergency. To gain success in shipping each individual needs to be in their best physical and mental health as it is mandatory and your career in shipping depends on your total fitness. Exercise well, maintain a balanced diet and get proper rest during non working hours is the key for physical and mental well being.
- Junior staff have to set their goals and follow their path according to his set goals. He should have discipline and morals, giving respect and obeying orders from his seniors and learning from their experiences. Always follow safety culture onboard the ship.

What are your views on mental health?

Today's lifestyle consists of a lot of stress, therefore having a balanced mental health is really very vital and every individual should work towards good mental health.

What advice would you give someone struggling with mental health concerns.

Since mental health plays a very vital role in the well being of an individual, my advice to people struggling with mental health is that to keep one's mind calm during worst situations in life be it professionally or personally. There is a saying that failure is the stepping stone to success. If everyone considers failure as part of success



and not the opposite of success, then they'll definitely have good mental health. Also, to improve mental health, one needs me time &/or space and daily meditation.

What are your own self care and coping strategies?

Whenever I face any problem, my strategy is to keep calm and meditate for a few minutes, that really helps focusing on the problem or issue at hand and coming to a positive solution, it means that if our mind is calm, our thinking ability is enhanced to resolve the problems.

Can you comment on the impact of the Covid-19 pandemic on the lives of seafarers?

The difference is that the ship crew and seafarers, too have to strictly follow the Covid- 19 SOPs as there are no doctors onboard the vessel, hence we have to take utmost care of ourselves and our fellow shipmates.

Can you describe how the pandemic has made things more difficult?

Since the pandemic had an economic effect worldwide, the shipping too was affected with ship's having to carry less cargo, spares and stores were difficult to connect to the vessel due to lockdown of countries worldwide. Even the seafarers had to take additional and strict Covid-19 precautions while dealing with or encountering persons other than the ship's staff boarding the vessel for ship operation purposes and port formalities.

Do you feel the pandemic has impacted on seafarers' overall well-being?

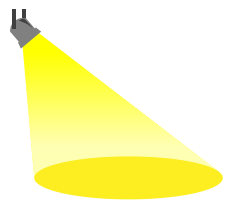
Due to the pandemic, the seafarer is not allowed to go ashore while the vessel is in port except during crew change. Even crew change in most parts of the world had come to a standstill, thus many seafarers were stranded onboard the ship for months after their contract had completed. All these situations impacted the people's mental and physical health including overall well-being.

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

The current challenges for seafarers is that due to the pandemic there was a downfall in the economy, thus causing slow turnover of cargo transportation which in turn may result in reduced wages of the seafarers with rise in prices of commodities. The repatriation of seafarers around the world has become difficult with a lot of standard operating procedures to follow strictly as an aftermath of this pandemic. Due to various incidents and accidents occurring to vessel's out at sea and whilst in port, there will be more stringent IMO & local regulations to be followed, thus making the management of vessels difficult for the seafarers as well as the ship owners.

What steps should be taken to improve?

Shipping companies to ensure that complete support and co-operation is given to their seafarers while they are onboard the ship as well as while at home. They can motivate their seafarers through appreciation and incentives.

**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 Prashar 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 honour 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.



Cognitive Distortions

Written by Brenda Png, Counsellor

Do we know what we are thinking?

Joe is a new recruit who recently started work on a vessel. It was a very busy time onboard the ship, so the rest of the crew did not have the time to introduce themselves and properly orient him to his responsibilities. He misunderstood this and felt that nobody bothered to interact with him. He started to think that “nobody likes me”, “I am a terrible person”, “All of them hate me!”, “I won’t be able to fit in, I will lose my job in no time.” He became more withdrawn, and took no initiative to try to talk to any of the other crew members, so he started to feel more lonely.

Does any part of the story sound familiar to you?

All of us have automatic thoughts in our minds every single day and that is because our brain is attuned to help us predict what is going to happen next, in order to protect us from any forms of dangers. The brain is always looking for worst case scenarios in order to prepare us in advance to handle any issue that comes our way. The downside to that is that more often than not, our brain ends up generating negative thoughts or rather, irrational and inaccurate thoughts, which is termed as cognitive distortions. These cognitive distortions, or commonly called “unhelpful thinking patterns,” make us feel lousy about ourselves, create self-doubt and impact our sense of self-worth in the long term. In this article, we shall look at some of the common cognitive distortions.

1. Catastrophizing

The scenario at the beginning illustrates a cognitive distortion known as catastrophizing. Catastrophizing happens when an individual encounters an event and thinks of the worst possible outcome. In the scenario above, Joe just started his job and he was still adapting to his working environment. However, when he felt ignored by his colleagues, he started catastrophizing to the extent that he thinks he might lose his job!



Such thinking often causes one to feel overly anxious and stressed because they predict the worst things that can happen and start fearing or worrying over the predicted negative outcomes.

2. Jumping to conclusions

Another cognitive distortion that is observed in others is jumping to conclusions. I am sure this is one thinking pattern that all of us can relate to. When was the last time we assumed something and later realised that we have jumped to conclusions? Jumping to conclusions refers to the way we assume an outcome given little or no evidence.. For example, when your supervisor came by and asked to speak to you privately, a thought that might cross your mind is “Oh dear, did I do something wrong?” There was no indication in his tone or manner to show that he was upset, but you quickly assume that he is going to reprimand you for making errors in your work. We naturally jump to conclusions because our brain is constantly trying to predict what happens next to protect us. Because of the way our brains are wired, sometimes these thinking patterns can create a lot of tension and anxiety.

3. Dichotomous thinking

Dichotomous thinking, or more commonly understood as black or white thinking, is another cognitive distortion. For instance, a thought like “I

must finish all my tasks or I am a failure!” People with dichotomous thinking tend to view things in absolutes, like either good or bad, right or wrong, success or failure, all or nothing. The issue with such a thinking pattern is that it causes one to feel defeated too quickly. They can’t acknowledge small wins, even completing 70% of your tasks is still worth the effort. Over time, the individual’s esteem and confidence might be affected.

4. Personalization

Personalization is another cognitive distortion that most of us would fall prey to at some point in time. This unhelpful thinking pattern happens when an individual takes on too much personal responsibility or blame for a situation that may be out of their control. This includes thoughts like “it is always my fault.” For example, thinking that your colleague dislikes you or has something against you just because he responded with “I can’t talk now, I’m busy” in a hasty voice. He might just be completing some tasks or facing a difficult situation at the time. Often, this thinking pattern leads to one feeling inadequate, unimportant, and even shame.

5. Emotional Reasoning

As humans, we are all feeling creatures who tend to rely on emotions to help us make sense of situations. This works to an extent. When we overly rely on our emotions, it could result in us believing something that may not be true. This is called emotional reasoning.

Let’s look back at the example of Joe. He felt lonely and left out when he newly joined. He felt he was not liked by his fellow crew members or even ostracised by them. However, this situation could just be temporary as it was a busy time onboard and it takes time to get to know people. Is it true that Joe is not a good fit or were his emotions of feeling left out made him think that way? What happened after he decided that he was not able to fit in? He became overwhelmed by loneliness and started socially withdrawing from people around him. This just confirmed his own thinking that nobody likes him. He never questioned or reasoned why the other crew may have appeared to be ignoring him.

Finding Solutions to Cognitive Distortions

These are just five common distortions amongst many others. What good does it do for us after knowing what cognitive distortions are?

Well, firstly, reflect on your thinking patterns. Do you automatically assume a negative thought when you encounter any difficulty? Do you take it personally on yourself all the time when things go wrong? Do you have any unhelpful thinking patterns that made you feel lousy about yourself and hindered you from achieving your best? Having awareness about what you are thinking and how your thoughts are impacting you is a good start!

Next, challenge these unhelpful thoughts! You could record them down in a *Thoughts Record Form* (see example on the next page).



UNCOVER THE FACTS

In this form, there are several columns – write down the date, describe the situation, pen down your automatic thoughts about the situation, how you felt and what you did. Then ask yourself if you have any evidence that your automatic thoughts are true and any evidence that your automatic thoughts are false. List them down. Lastly, brainstorm for a more adaptive response to the situation, how you could reframe your thoughts? You could refer to the template at the bottom of this page and use it to work through your thoughts.

You could also spend some time reflecting on what your assumptions and internal rules are. Our assumptions and internal rules govern how we interpret the world, make sense of things, and make quick decisions without proper rationale. As a result, our reliance on these make us judgmental. In order to change, we need to consciously review the assumptions and internal rules we hold on to and ponder why we think like this? Then we can evaluate these assumptions and internal rules – what are some advantages and disadvantages? If you notice some of your assumptions are causing

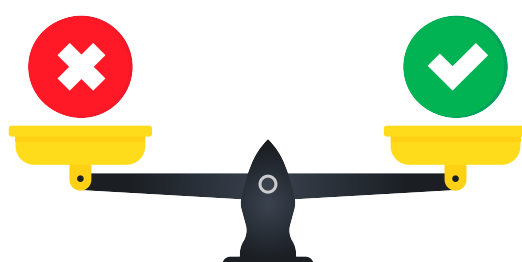
you to doubt yourself frequently, you might wish to consider modifying them. Write down your new rules and practise them day-to-day. As the saying goes, practice makes perfect!

One last thing you could do to challenge your thoughts is to ask, “is this thought a fact or an opinion?” More often than not, we tend to think that our thoughts are a fact when they are not! For example, “I always mess up” is an opinion. Your opinion of yourself is not necessarily true because there are a lot of occasions where you did the work correctly. Facts are things that you can objectively evaluate, like “I am late to work today”, whereas “I am always poor at my work” is an opinion. Being able to differentiate between what is a fact and what is an opinion helps you to stay grounded and not let yourself be emotionally caught up by opinions which might not be true.

Now, armed with the knowledge about cognitive distortions and tips to help yourself challenge these distortions, are you ready to embark on your journey?

Example of a Thought Record Form:

Date & Time	What happened?	What am I thinking?	How am I feeling?	What did I do?	What is the evidence?	What can I tell myself?
<i>Example: 10 April 2022, 1pm</i>	<i>It was lunch-time and I was very hungry. After finishing one plate, I asked for another serving. Then the chef gave me a nasty glare, and asked me why I needed so much food!</i>	<i>“I worked so hard, the least I deserve is to fill my stomach!” “The chef has something against me! I think he hates me”</i>	<i>Angry and upset at the chef</i>	<i>I returned his nasty glare and banged my tray angrily. I told him off.</i>	<i>I noticed the chef also made similar comments toward another crew member when they asked for more food. Maybe he is just having a bad day?</i>	<i>“The chef has nothing against me personally. Perhaps he had a bad day or could be having some personal issues. Maybe I could try reaching out to him the next time to see if he is ok.”</i>



Tips to Boost Your Energy

Written by Jouie Lim, Para-Counsellor



Energy is the fuel to do work. Our bodies obtain energy from three categories of fuel molecules such as lipids, proteins, and carbohydrates. Energy is what people consume for survival. It is crucial for the body because it regulates and fuels the natural internal functions of the body. For example, it is used to repair tissues and body cells that build muscles and maintain homeostasis.

Energy is also important in the digestive process because it helps to break down the food we eat and draw out the required nutrients. Each specific type of food group requires a different amount of stored energy. For instance, for protein to be digested, approximately 20 to 30 percent of the stored energy is required, carbohydrates use 5 to 10 percent, and for the digestion of fat around 3 percent is used.

Therefore, taking the steps to boost and maintain energy is very important for a healthy body! Energy is extracted from various sources: food, exercise, sleep, and lifestyle habits. The following are tips to boost energy.

Eat for Energy and Drink Water

It is suggested that eating healthy food keeps the body's energy levels up. It is thus important to integrate the most nutritious food into daily food. Having a balanced diet with moderate amounts of fruits, vegetables, wholegrains, protein and fats.

Sometimes our energy is low simply because we did not drink enough water and are dehydrated. Try drinking a glass of water when you are feeling slightly tired. It is recommended to drink at least 8 glasses of water per day.





Having Good Sleep Habits

The body's energy levels are determined by how well we sleep. Lack of sleep affects appetite, which limits energy generation. Research also shows that people who get enough quality sleep are the healthiest because they give their bodies enough time to rest, recuperate, and digest food, and thus their energy level is boosted (Harvard Medical School, 2020). Therefore, one could get enough sleep to maintain and boost energy levels.

Regular Exercises

Exercises make the body muscles work. Such physical activities include jogging, walking, and dancing. Exercises help one to be active and boost both mental and physical health. They reduce stress, increase appetite, and relieve fatigue to boost the energy level. Physical activities give us the energy to function correctly and circulate oxygen throughout the body. It is recommended that people start with simple exercises such as walking and do the more challenging activities over time as their body adapts.



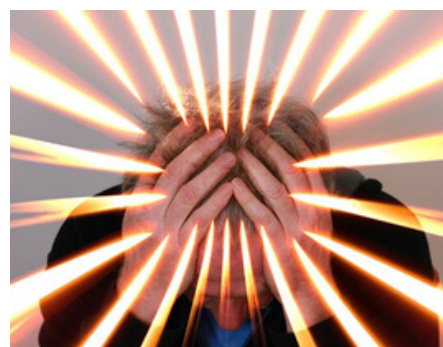
Controlling and Avoiding Stress

Stress is defined as a feeling of emotional and/or physical tension. It is how the body reacts to a challenge or demand. For example, stress could occur from an event or thought that makes you feel angry, frustrated, or anxious. Such emotions result in negative thoughts and can drain huge amounts of energy.

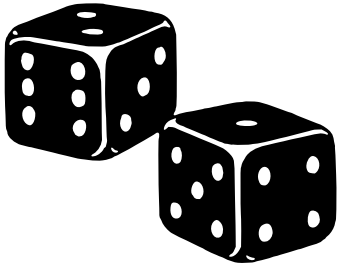
Increased stress also impacts us by reducing our energy levels, making us feel tired. It is impossible to completely remove stress from your daily life, but you can learn how to manage it. Hence, it is vital to consider stress-relieving practices to maintain good energy levels.

Here are some tips to help control stress:

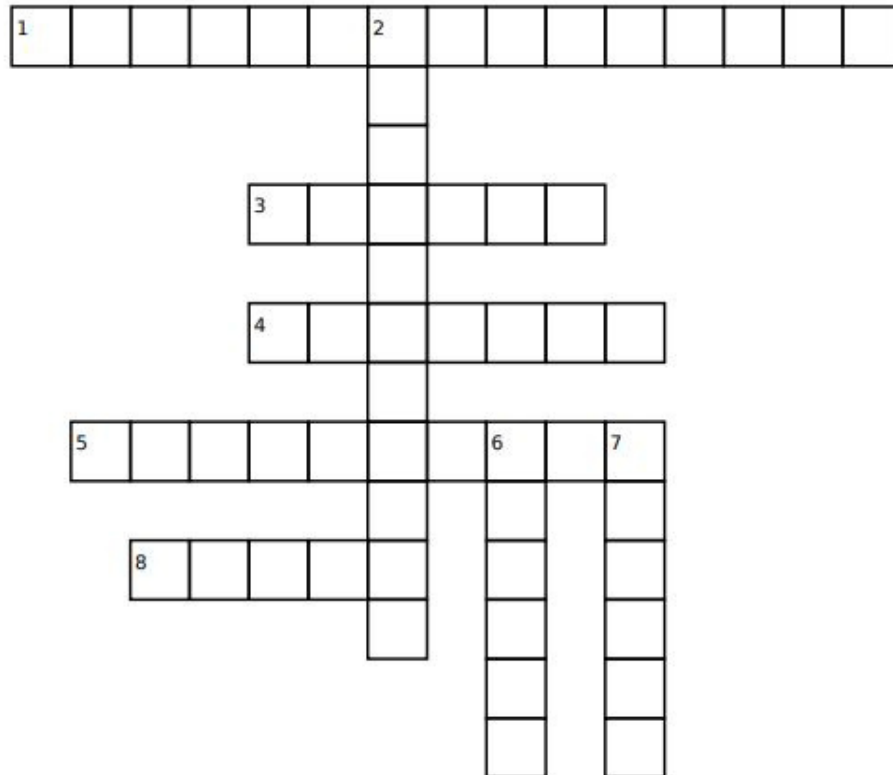
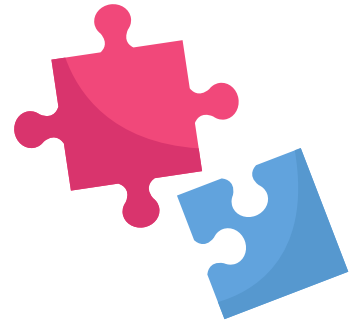
- Meditation or mindful breathing
- Taking a 10 minute break
- Listen to music
- Talking to loved one or close friend
- Short bursts of physical exercise
- Engaging in a hobby or fun activity



In summary, life can have challenging days that drain our energy. It is important for us to have sufficient sleep, water intake, physical activity and healthy stress management methods. The combination of these four lifestyle habits will help to increase our energy and keep us charged to weather any storm!



Well Being: Crossword Puzzle



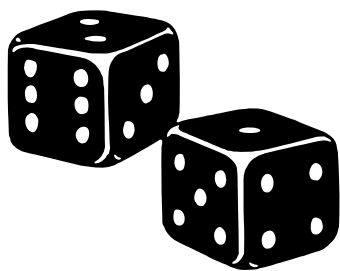
Down:

2. Automatic way of thinking that govern how we interpret the world and makes sense of things
6. The fuel to do work
7. Feeling of emotional/physical tension

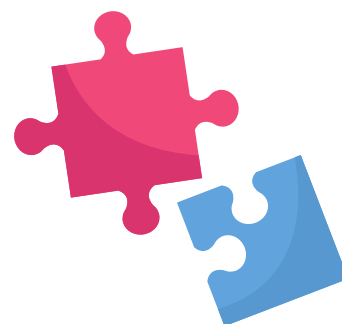
Across:

1. Take on too much responsibility or blame for a situation that might not be within his control
3. The fundamental units of the brain and nervous system
4. The ability to understand and share the feelings of another.
5. Feeling of disconnecting with people
8. The organ that controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger and every process that regulates our body.

Answers on Page 23



Well-Being: Word Search

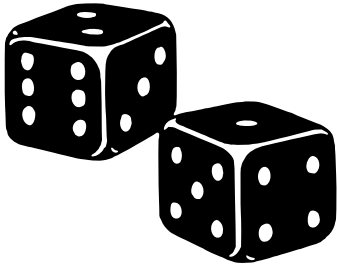


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I	I	N	F	G	S	F	L	E	P	E	E	L	S
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Cognitive
Emotions
Happiness
Loneliness
Family

Empathy
Energy
Friends
Thoughts
Mindfulness

Sleep
Meditate
Wellness
Stress
Exercise



Get through the Maze!

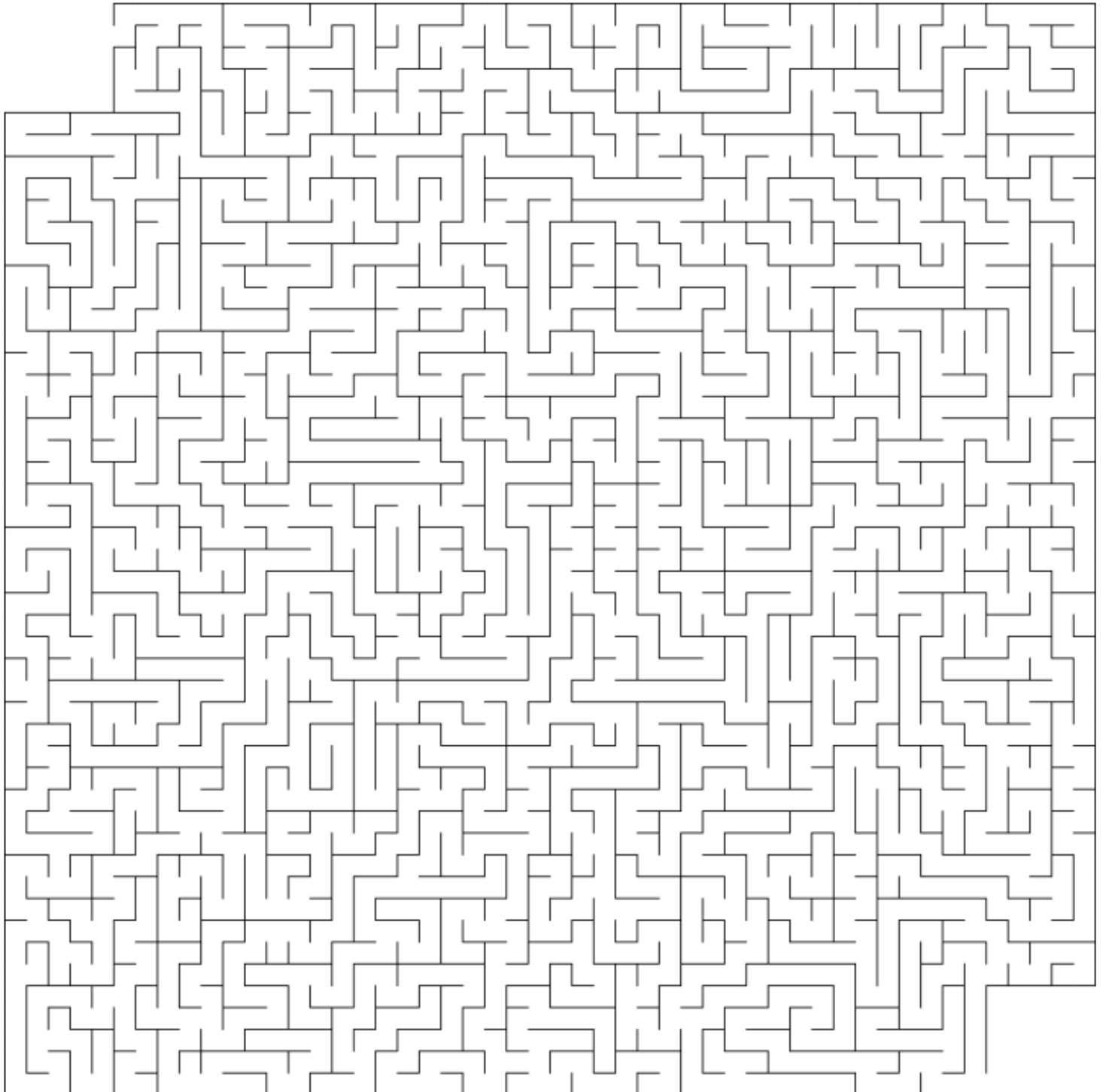
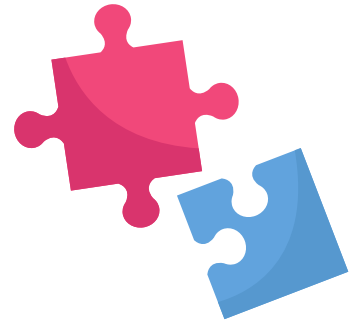




Photo Competition Winner!

Thank you all so much for your beautiful photo contributions!

Congrats and well done to our top three choices:

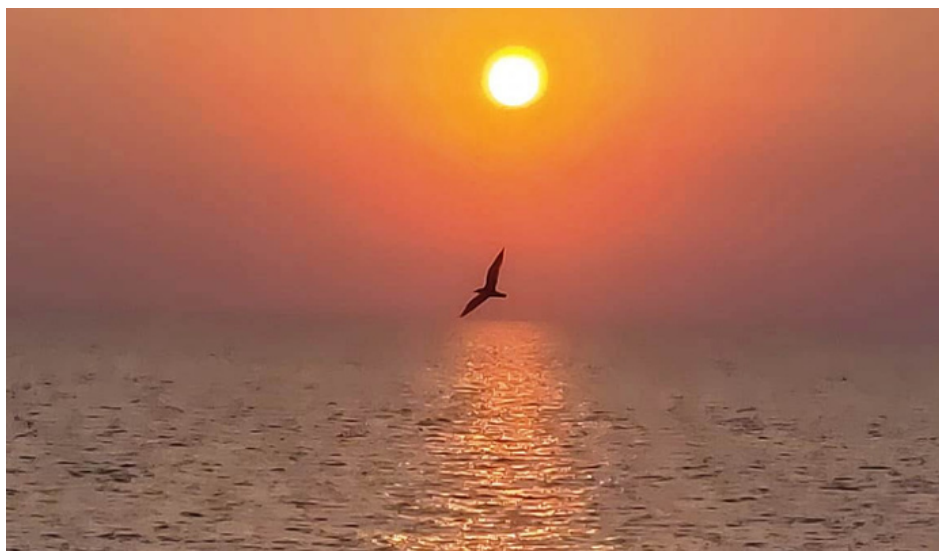
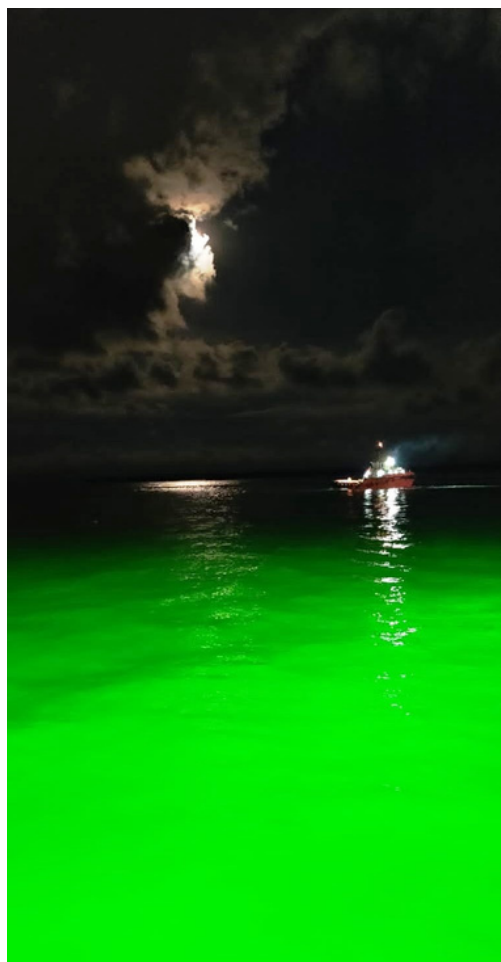


Photo winners:

Left Vertical: Mr Vikram Singh

Top Right: Mr Sunil

Bottom Right: Mr Balakrishnan Indraajith

For honorable photo submission mentions, please click here:

https://www.youtube.com/watch?v=FU8L_SbXCnM



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
with the subject title
"Photo Competition Newsletter #3"**



Article References

Useful mental health and wellness links, resources, materials

Empathy & The Brain

- <https://www.verywellmind.com/what-is-empathy-2795562>
- <https://sitn.hms.harvard.edu/flash/2016/mirror-neurons-quarter-century-new-light-new-cracks/>
- https://greatergood.berkeley.edu/article/item/do_mirror_neurons_give_empathy
- <https://blog.360learning.com/en/mirror-neurons-we-through-human-interaction/>

The Impact of Loneliness & Steps to Manage it

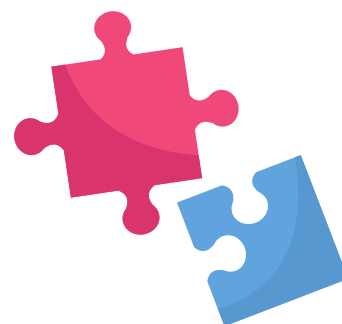
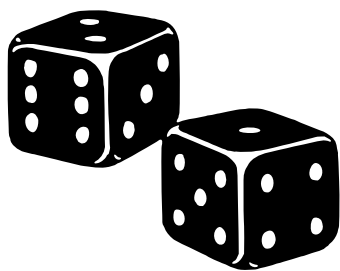
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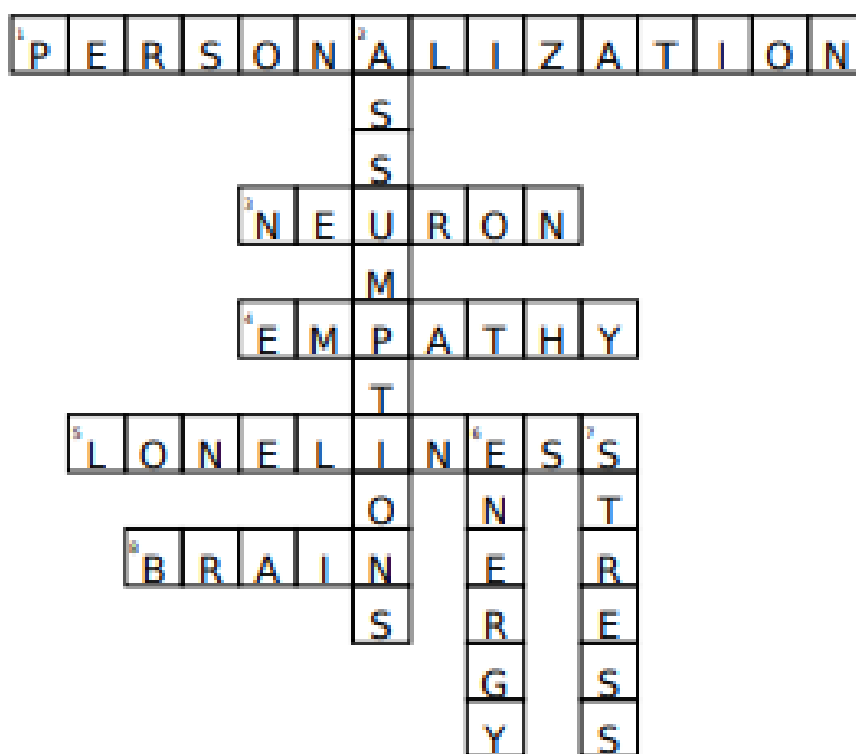
Cognitive Distortions

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- <https://www.psychologytoday.com/us/blog/in-practice/201301/50-common-cognitive-distortions>
- <https://www.verywellmind.com/ten-cognitive-distortions-identified-in-cbt-22412>
- [https://www.cbtcognitivebehavioraltherapy.com/what-is-cognitive-distortion/#What are the Most Common Cognitive Distortions](https://www.cbtcognitivebehavioraltherapy.com/what-is-cognitive-distortion/#What%20are%20the%20Most%20Common%20Cognitive%20Distortions)



Crossword Puzzle

Answer Key



Down:

2. Automatic way of thinking that govern how we interpret the world and makes sense of things
6. The fuel to do work
7. Feeling of emotional/physical tension

Across:

1. Take on too much responsibility or blame for a situation that might not be within his control
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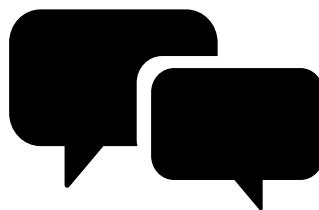


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