World Philosophy Day

This World Philosophy Day, Barcelona Cruise Port would like to celebrate and reflect on important aspects of mental health and perspectives. Especially given our industry, we understand the great value that multiculturalism brings to our everyday operations, through different ideas fostering from different backgrounds to ensure an active setting where everyone´s ideas are freely engaged regarding the tasks at hand. We feel that paying attention to one´s own mental health at home is as important as the group effort at work. Taking care of yourself will not only improve your overall wellbeing and happiness, but it will also help you present your best self everyday. With this in mind, we would like to share one of our favourite tips for you guys to try at home, and that is our "Power Hour".

The "Power Hour" is a fantastic tool that you can use every morning to make sure that you start the day off running. Every morning after you wake up, allot yourself 45 minutes to an hour dedicated to something productive before you head out. Make sure that the activity is something that you enjoy and is important to you. This will help shift the focus from getting ready and running out the door to spending time on yourself. Working on something you enjoy will boost your brain in a positive way first thing in the morning. Once this becomes a habit, you will quickly see improvements in your daily goals as well as your attitude the rest of the day.

Everyone´s opinion is always valuable, especially in problem-solving situations. To achieve successful results, people should not feel hesitant when it comes to sharing. This progress and growth is done through improving your focus on yourself, so that you can be the best version of yourself everyday. Because everyday starts with YOU.