

SEAFARERS' MENTAL HEALTH AND WELLBEING

FACILITATOR NOTES



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SEAFARERS' MENTAL HEALTH AND WELLBEING

A KVH Videotel Production

In association with



International Seafarers Welfare and Assistance Network

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1. Introduction

About the Programme

This training package explores what seafarers can do to improve their mental health and wellbeing so that they can deal better with the challenges of life on board.

The programme is intended for all crew, and the learning objectives are:

- to be aware of the impact that mental health and wellbeing issues can have on individuals and the importance of actively working towards enhancing them
- to know how to improve mental health and wellbeing using practical tools and strategies
- to be able to recognise signs of mental health problems or when people might be finding it difficult to cope and to know what to do about it
- to know how to find appropriate shore support when needed

The Training Package

The programme has been produced in association with the International Seafarers Welfare and Assistance Network (ISWAN).

Much of the guidance is taken from ISWAN's publications *Psychological Wellbeing at Sea*, *Steps to Positive Mental Health*, and *Managing Stress and Sleeping Well at Sea*, which also form part of the package along with the video and these facilitator notes.

For maximum effect, the video should be watched and discussed as a group.

The Facilitator

The session can be run on board or ashore. When run on board, it should be facilitated by someone who knows the crew well and is respected and trusted by them. The facilitator should feel confident and comfortable discussing the topics raised in the programme.

A Factual Approach

The following topics are covered in the programme:

- Creating positive emotions
- Being absorbed in activities
- A sense of achievement
- Forming good relationships
- A sense of purpose
- Physical wellbeing

The video explores seafarers' mental health and wellbeing through a combination of filming on board ship and ashore at support organisation facilities and interviews which include:

- seafarers speaking about life at sea – not just their opinions and concerns but also the things they enjoy and that make them feel better
- a Human Resources director (himself a former seafarer) in a shore office, bringing a counselling perspective and ideas for practical tools
- people who work in support organisations, explaining what they offer and how they help seafarers with their problems

What is Wellbeing?

Psychological wellbeing is not simply being happy. It is a combination of things (attitudes and strategies) that relate more to a sense of achievement, purpose and contentment with our lives.

No-one can be constantly happy. We all go through times when we feel anxious, stressed or down and we need to recognise that this is mostly a temporary state and won't dominate us for the rest of our lives. However, if a seafarer has a more serious mental health issue, this should be acknowledged and appropriately dealt with.

This programme is designed to make a positive difference to seafarers' states of mind by presenting a number of key concepts and strategies that they can adopt to get through the harder times and enjoy life more.

2. How to use the Programme

Training Other Crew Members

If you are responsible for training others then you should aim to follow the instructions in this section as closely as possible. It will help you to learn how to run effective training sessions with the crew.

Preparation

It is important to understand that *Seafarers' Mental Health and Wellbeing* is not a standard training programme with traditional key learning points. Facilitators should prepare by watching the video in advance and think about what they want to achieve and what outcomes to expect from the session. These may vary depending on the people who will be taking part.

Your Company's Wellbeing Policy and Support

Some companies have wellbeing policies and dedicated occupational health and safety management representatives. They may also provide reading and audio-visual material for stress management and wellbeing on board.

Does your company have a wellbeing policy? If so, familiarise yourself with it in advance. It may contain procedures for what to do about crew members who are having a hard time. It may also contain general guidance on how ships can improve the crew's wellbeing, for example, through a 'buddy' system.

If there isn't a wellbeing policy, don't worry. Find out what help is available from the company. For example, who can crew speak to ashore about their problem(s)?

These notes and the ISWAN booklets also contain many useful suggestions for tackling wellbeing issues, and the **Further Resources** section has contact details for seafarers' welfare organisations.

Think About the Group

How open are the people in the group to speaking about their feelings in front of others? What questions might they ask you? What do you want this session to achieve? How could you follow it up?

If you find that the group doesn't open up, is there a personal example from your experience, or from someone you know, that you could use to stimulate discussion?

Watch the Video

It's important to familiarise yourself with the video in advance, so that you can anticipate possible questions from the group and think about your answers.

Read these Notes

The notes reinforce the key points from the video and contain a session plan that expands on the learning and offers suggestions for questions and discussions on the different topics.

The plan presents ideas for how to run a session, but need not be rigidly followed from beginning to end. Facilitators can if they wish focus only on one element of it, or a combination of elements, or they may prefer to hold a free-ranging discussion on any of the topics raised in the video. This will naturally also depend on how much time you have available.

While preparing for the session, you might choose to identify the main points or questions you'd like to discuss, and those you'd like to leave out.

Read the ISWAN Publications

It's strongly recommended that you look through *Psychological Wellbeing at Sea*, *Steps to Positive Mental Health* and *Managing Stress and Sleeping Well at Sea*. These booklets contain information, advice, wide-ranging practical suggestions and exercises for promoting psychological wellbeing.

The session plan gives pointers to the pages you could look at.

Prepare the Room

Make sure the facilities are adequate and that there are enough chairs (or places) for all participants. The room should be large enough to fit everyone in comfortably, and to break the group into pairs or small groups for the discussions. A horseshoe layout may help the group interact and open up more than a standard classroom layout.

Session Plan

During the session, you may find that the crew members raise difficult concerns or share experiences about the company culture or interpersonal relationships on board – and that's OK. It's a great opportunity for talking about the things (emotions) that people avoid mentioning in everyday conversation. By airing their feelings, the crew can form better relationships and a closer sense of community.

Another possibility is that during the session some participants may become distressed and/or leave the room or have other strong emotional reactions. You should think ahead about how to respond to a situation of this type. Whatever happens, it's important not to take it personally.

Session Plan

During the session, you may wish to go back and play a particular section of the video again. For ease of use, the session plan contains approximate timings which indicate the point at which each section starts. There are also references to where more helpful information may be found in the ISWAN publications.

1

 **Do/Say**
 **Notes**

If appropriate, ask the group to introduce themselves by name.

This would apply to crew members who don't already know each other.

2

 **Do/Say**
 **Notes**

Introduce the video

Say that the programme presents a practical approach to improving the way we feel.

Explain that after the group has watched it, you'll have a discussion about the issues it raises and how you can apply it to life on board ship.

3

 **Do/Say**
 **Notes**

Show the video

The video runs approximately 23 minutes.

4

 **Do/Say**
 **Notes**

Ask:

What did you think of the video overall? How helpful did you find it?

What did you think of the issues raised by the seafarers in the video?

Some people may have felt that the points made didn't match their experience of what it's like to live and work on a ship. That doesn't matter – the aim is to break the ice and start a lively discussion.

5

 Do/Say

 Notes

How to promote wellbeing

Ask:

What are the strategies for enhancing wellbeing that were highlighted in the video?

Do you agree with those?

Answers

- Creating positive emotions
- Being absorbed in activities
- A sense of achievement
- Forming good relationships
- A sense of purpose
- Physical vitality

6

 Do/Say

 Notes

Creating positive emotions

[approx. 02:44]

Say you're going to talk about what the group can do to enhance their wellbeing.

Ask:

What do you do to achieve a positive attitude to life?

What can we do on the ship to make ourselves feel more positive?

See **Positive Emotions** on p.5 of *Psychological Wellbeing at Sea*.

When we appreciate certain 'moments' in life, we're grateful for what we have, and we realise we're happy.

But we can also create these moments for ourselves, by actively doing more of what makes us happy, e.g. reading, going to the gym, watching films, or simply enjoying a coffee with crew mates.

For some tips on appreciating what you have, see **Gratitude** on p.6 of *Psychological Wellbeing at Sea*. For example, you could suggest that every night for the next week, they write down three things that went well that day and see what effect it has.

Steps to Positive Mental Health also has some helpful ideas and exercises that the crew might like to try about gaining a different perspective on their problem and learning to feel more positive.

Carrying out all these steps won't guarantee wellbeing. But they will help with building a solid foundation for people's lives that they can fall back on. Everyone can take some kind of action, and the more they work to turn these ideas into habits, the stronger they'll become.

7

 Do/Say

'Flow' [approx. 05:00]

Say that when you're really focussed on something challenging, you can lose a sense of time passing – and that can be when you're at your happiest. This is called a state of 'flow'.

Ask:

When have you felt like this?

How can you arrange to be doing activities like this more regularly?

Do you agree with those?

 Notes

People can increase their wellbeing by doing activities that stretch their abilities and intelligence and give them a sense of mastery. Ideally, these are ones that are so physically and mentally absorbing that you can't think about anything else.

The state of flow feels good while you're experiencing it. And the more you do it, the more your wellbeing accumulates over time.

Possible answers:

- When concentrating on a leisure activity like a sport or hobby
- When doing a work task
- When learning a skill

See p.7 of *Psychological Wellbeing at Sea – 'Flow'*.

8

 Do/Say

Achievement [approx. 06:03]

Ask:

When do you feel a sense of achievement?

What can you do to make sure you often get that sense of accomplishment?

 Notes

A sense of achievement might be creating a goal to work towards, such as learning a new skill or studying for a qualification.

ISWAN recommends:

- Think about goals that you can work towards on a daily, weekly, or monthly basis on board. Make sure they're clear and well defined, and that they can be achieved in a shipboard environment.
- Break your goals down into achievable steps or actions.
- Schedule the time to work on each step or put it into action.
- Track and review your progress, note down what you've achieved.

 Do/Say

Connecting with others – the shipboard community [approx. 07:00]
Say:

In the video, we saw that the times people are really happy often involve other people – friends, family, or the shipboard community.

Ask:

How could we build stronger bonds between crew members?

 Notes

Interacting with other people is a great tool for enhancing wellbeing.

The ideal shipboard community is one where everyone works and plays well together, with strong bonds of trust and perhaps also friendship.

On some ships, however, the 'community' may not be the whole crew but segments split by nationality, department, or rank. The crew should be encouraged to see beyond their group and welcome individuals who are 'outside' it. Increased opportunities for interaction are usually key to creating strong bonds between crew members. Strong bonds will in turn help overcome or prevent isolation and exclusion.

Possible answers:

Note: The group may find it easier to discuss some of these points in relation to past experiences on a different ship.

- More social activities on board. If it doesn't do so already, the ship could organise a social break with team building games, indoor games competitions that last for at least two hours every week and involve everyone on board.
- People spending more time together rather than alone in their cabins on social media
- More joint learning activities (e.g. the shared language of the ship, mentoring or peer support in shipboard skills career development, and/or 'reverse mentoring' which is where a younger seafarer helps an older one with digital technology skills).

10

 Do/Say

Connecting with others – the shipboard community [approx. 07:00]

 Notes

- Team members could also learn skills such as painting or playing a musical instrument from colleagues who practise these hobbies.
- Watching documentaries or TED talks together can be helpful for stimulating new thought processes and building confidence.
- Taking steps to welcome crew members who don't feel part of the community by including them in conversations and joint leisure activities
- Having an 'open door' policy to go and speak to the Master/Chief Officer at given times

For tips on how to increase interaction on board, see *Psychological Wellbeing at Sea*, p.10 People around us.

11

 Do/Say

Connecting with others – family and friends [approx. 09:50]

Say:

In the video we saw that relationships with family are really important but at the same time there can be stresses, especially as a result of communication.

Ask:

What did you think of how the seafarers in the video manage their family relationships?

 Notes

For many seafarers, maintaining a close connection with home is essential to their wellbeing, so it's important to keep in regular touch with friends and family while you're away.

However, family and friends may not realise how pressurised life aboard ship can be.


cont. ...

11

 Do/Say

Ask:

What tips can you share with the group about how to manage communication or relationships with family better?

 Notes

Ideas for how best to manage communication and family relationships could be:

- Finding out beforehand about the availability of internet/phone on the ship
- Talking with family and friends before you leave about what life is like on the ship
- Explaining you can't always get back to them quickly if they message/email you
- Sending presents (via online shopping) and photos can help both you and them
- Switching off your phone for a while can help if you're feeling pressured.

See also *Psychological Wellbeing at Sea*, p.8 Positive relations with others.

12

 Do/Say

A sense of purpose [approx. 12:40]

Ask:

People have different senses of purpose and meaning in their lives. What kinds of things give people purpose?

Ask:

What are the most important things in your life? And do you give them the time and attention they deserve?

 Notes

Possible answers:

- Their work
- Volunteer activities in the home community
- Mentoring at work
- Religion or faith

If appropriate, you could ask why the group decided to become seafarers. For many people, their decision to join the profession might be something about the sea, or travelling, or it might simply be about being able to earn a good living to support their family at home.

cont. ...

12

 Do/Say


 Notes

How could you give them more priority?

Psychological Wellbeing at Sea, p.11-12 has advice about spirituality, meaning and purpose both for those with a faith and for those who have non-religious values.

13

 Do/Say

 Notes

Physical wellbeing [approx. 14:40]

Physical wellbeing is extremely important to overall wellbeing. It depends on regular exercise, healthy eating choices and getting enough good quality sleep.

Ask:

How important do you feel physical health is, to improving the way you feel?

Exercise is one of the most important tools for re-setting a person's outlook and starting to feel better.

How could we make more opportunities for exercise?

Ideas include:

- Walking up and down the stairs rather than using the lift
- Using the gym if there is one
- If you're able to get outside to exercise – even better
- Doing a workout with friends two or three times a week
- If space is limited, you can do exercises in your cabin
- Even stretching for a few minutes can help you relax and de-stress
- Team exercises/competitions are good not only for physical wellbeing but also for social interaction

cont. ...

13



Do/Say

How do you relax properly before going to sleep? Can you share your routine with us?



Notes

Psychological Wellbeing at Sea, p.15

Physical health has more exercise tips.

Possible answers:

- switching off electronic devices
- taking a shower
- reading

14



Do/Say

Summary [approx. 20:22]

Draw the session to a close. Ask the group what they've learned, and what they're going to do differently from now on to improve their wellbeing.

Recommend to the group that they look at the ISWAN booklets *Psychological Wellbeing at Sea*, *Steps to Positive Mental Health and Managing Stress and Sleeping Well at Sea* for ideas and suggestions.



Notes

Possible answers:

- Do more of what makes you happy
- Keep learning new skills
- Connect with people
- Give to others
- Be physically active

 Do/Say
Finally

Why not say to the group that your door is open, if anyone would like to come and talk about a problem that's worrying them?

Give reassurance that there won't be any negative consequences – only support.

 Notes

One result of the training could be that a crew member decides to open up about something – perhaps they're feeling down themselves, or they've noticed a worrying change in behaviour of a crewmate.

As a senior officer, how should you approach this? You're expected to behave compassionately with any person who you notice is stressed or down, or who comes to you with a problem.

If your company has a wellbeing policy, the procedure for dealing with a person with problems should be outlined in it. But if not, you could follow this advice.

- Listen to the person patiently without expressing your opinion about what they're saying.
- Provide reassurance and information about what will happen as a result of them coming to you, which will depend on your company policy, or on what you've found out about the support provided. For example, the person might be referred to a crew welfare officer or counsellor on shore.
- Encourage them to seek help from a support organisation e.g. ISWAN's SeafarerHelp, Mission to Seafarers (MtS), Apostleship of the Sea (AoS).
- Try and work out a plan for what ideas from the programme they can use to help them feel better. Discuss and agree any follow-up actions.

See also *Psychological Wellbeing at Sea, Finding Support* (p.16).

3. Key Points

This section expands on the points made in the programme. For more in-depth content, please see ISWAN's publications *Psychological Wellbeing at Sea*, *Steps to Positive Mental Health*, and *Managing Stress and Sleeping Well at Sea*.

Why Mental Wellbeing is Important

It isn't always the life-changing events like a bereavement or a break-up that affect a person's state of mind. Often, it's the day-to-day stresses and pressures that can build up and put our mental wellbeing at risk.

That's why paying attention to wellbeing can make a real difference to seafarers' health, contentment with life, and the whole experience of living and working at sea.

It has been scientifically proven that people who score higher on wellbeing measures tend to live longer, make better decisions and have fewer accidents. Five elements are common to these people. They are:

- positive emotions
- being absorbed in activities
- a sense of achievement
- forming good relationships with those around us
- feeling that there is purpose and meaning to their lives

Another factor is physical vitality, and this depends on regular exercise, a healthy, balanced diet, and quality rest.

Creating Positive Emotions

You can increase happiness by noticing positive moments in life, but you can also actively create these moments, by doing things that generate positive emotions – things that you like or enjoy are pleasurable or fun.

It's important to make time in rest periods for activities that make you feel good, either on your own or with other people, such as games, hobbies or projects.

You can also help yourself to feel freer and more positive by making a change to your normal routine. This might be, for example, choosing to take a walk on the deck or going to the gym or rec room, instead of sitting alone in your cabin.

Being Absorbed

It's important in our lives to find activities that take our full attention. Everyone is different and we all enjoy different things. But the activity should be something that absorbs you in the present moment, while stretching your abilities and intelligence. This is known as a 'flow' activity.

The best flow activities are so physically and/or mentally challenging and absorbing that you can't think about anything else. The state of flow feels good and the more you experience it, the more wellbeing you accumulate over time.

A Sense of Achievement

Experiencing the pleasure of achievement is one of the cornerstones of wellbeing, and you can feel more optimistic about your world by creating goals to work towards, such as learning a new skill or studying for a qualification. Each time you reach a milestone on the way to your goals, you know you're making progress. And when you're going through a difficult time, you can look at those goals and realise you have something to aim for.

At other times, a sense of achievement could equally well be the satisfaction of having carried out a task effectively.

Connecting with others

Everyone needs their own space, but research shows that the times people are truly happy or joyful often involve other people. Being connected to others is critical for our psychological wellbeing. For seafarers, these could be close friends and family, and/or the shipboard community.

Spending more time connecting with those around us will also improve the quality of our relationships and our physical health – lowering our blood pressure, helping us sleep better and decreasing our chances of developing certain diseases.

On the Ship

An effective way of building bonds between crew members is by organising social events on board like karaoke, gaming and barbecues, or shared learning activities. Bonds of community allow people to trust each other, so that they'll not only work together safely and well, but also feel they can open up to each other about their concerns or problems.

In most cases, bonding across cultural differences should be encouraged by the general shipboard environment. However, where it is experienced as difficult, it's advisable to consult the office for advice.

Buddying

Does your company operate a 'buddy' scheme? A buddy is someone who partners with a new trainee. While primarily responsible for offering insight and guidance on the day-to-day aspects of shipboard work, the buddy may also offer encouragement and knowledge. A buddy isn't the Master or Chief Engineer or officer who the trainee reports to, but another crew member.

The purpose of buddying is to welcome new trainees and provide them with the support to assimilate them smoothly into shipboard working environment. It gives trainees an emotional anchor point for their basic questions about their work experience on board. It also helps to reaffirm their decision to join the profession.

Family and Friends

For many seafarers, the relationships with their families provide a sound basis for wellbeing, so it's important to stay in close touch with them. But unless family and friends have been to sea, they probably won't have much sense of how pressurised life aboard ship can be, and that can make communication challenging.

It's sensible to try and manage your family's expectations before you go to sea about the reality and time pressures of life on board. Talking honestly before each trip can really help.

Find out about the availability of internet on the ship and how often you can talk or email.

Remember, speaking openly with friends and family about any worries and negative feelings can provide valuable perspective and help to keep relationships strong.

A Sense of Purpose

Wellbeing can also come from a sense of purpose or meaning in your life. This is what makes you get up in the morning. It might be the reason you've chosen to be a seafarer rather than work in a land-based career.

You could increase your sense of purpose by giving back to the shipboard community. People often find that passing on knowledge (or mentoring) helps build their self-esteem and gives them a sense of purpose, making them feel better about life.

Practising a religion or faith can also bring meaning to people's lives and give them strength and comfort in difficult times.

Some seafarers might find their sense of purpose simply in knowing that they're providing for their family.

Physical Wellbeing

Another crucial element that improves mood is building up vitality through a healthy diet, quality rest and regular exercise. Physical wellbeing is one of the most important tools for re-setting your outlook and starting to feel better.

Sleep

There's a strong link between getting enough good quality sleep and mental wellbeing. To relax properly before sleeping, follow a routine that works for you.

Sleep and Wellbeing

Sleep is an extremely important part of your day. Sleep regenerates the cells in the body, allowing your brain to take in everything that you have learned during the day.

Poor sleep leads to cloudy thinking, anxiety, and difficulty in remembering things.

Make sleep the top priority during your down time. Try to avoid losing out on it by staying up late for instance when getting too absorbed in social media, messaging, etc.

See ISWAN's publication *Managing Stress and Sleeping Well at Sea* for more tips.

Diet

Making healthy eating choices from the options available will also help you to think more clearly, keep your energy levels high and your outlook positive.

Mood and Food Tips

- Try to base your food choices around carbohydrates (rice, pasta, potatoes, bread), a balance of healthy fats (especially the ones that come originally from plants and seeds, such as avocados, olive oil, sunflower or peanut oil, and from certain fish like mackerel), proteins (meat/poultry, cheese, eggs, fish, nuts, and pulses such as lentils), and plenty of fruit and vegetables. Fruit, vegetables and wholegrains also contain fibre which is good for your gut, and that means it's also good for your mood, because your gut communicates with your brain.
- Avoid snacks and other foods with a high sugar content. Refined sugars (sweets, biscuits, sodas etc. as well as many processed foods) can cause your blood sugar to rise and fall rapidly, giving you a 'high' then a 'low'.
- Drink plenty of water to help you concentrate and give you more energy.
- Reduce tea, coffee and 'energy drinks' that contain caffeine to a maximum of one or two a day, as caffeine can increase anxiety.

Exercise

Staying physically fit and healthy is essential for a long career at sea, and even when space is limited, it should still be possible to work out on board – for example, in your cabin. If you're able to exercise outside, that's even better.

Support

It's understandable that some seafarers can sometimes feel down, and talking to someone (friend, family, crew mate, a support organisation) is a sensible coping strategy. It can help them to see the problem differently so that it doesn't seem so serious.

It's important to recognise the signs of stress or anxiety in yourself or in others. These might be:

- a lack of energy
- sudden mood changes
- being unexpectedly angry with other people
- missing mealtimes
- rarely leaving their cabin
- avoiding interacting with others

If someone appears troubled, try asking them about it.

When a seafarer prefers not to open up to a crew mate for any reason, there are many support organisations that can help. As well as local welfare centres that are based in ports, there are international networks that offer phone, internet-based and face-to-face help:

SeafarerHelp

Operated by ISWAN, SeafarerHelp is a multilingual 24-hour helpline available from anywhere in the world. Seafarers and their families can contact the helpline by telephone, email, live chat and messaging apps. The helpline is free and offers the option for call back. The team have all been trained in counselling skills and supporting people in challenging or emotional situations, and it's a completely confidential service, so there's no fear of recrimination.

The Mission to Seafarers

The Mission to Seafarers (MtS) has port chaplains and welfare officers in over 200 ports around the world and a network of seafarers' centres in 121 locations. All chaplains are trained in resilience issues and pastoral care and can provide free, confidential support to individuals and crews. More widely, the organisation provides seafarers' family support networks in the Philippines and India and access to communication and recreation facilities while in port.

Sailors' Society

Sailors' Society is an international charity that provides a wide range of support services, including port chaplains, ship visitors and a Wellness at Sea training programme. They have a global presence in 30 countries

Apostleship of the Sea (AoS)

AoS is a charity for seafarers and their families, and has port chaplains and seafarers' centres in many parts of the world. The organisation's port chaplains and ship visitors give care and support to seafarers regardless of belief, nationality or race.

Contact details for all these organisations can be found in **Further Resources**.

Key Points to Remember

There's always something we can do to improve how we feel and to become better able to cope with what life throws at us, whether it's looking inside ourselves for our inner resources or outside ourselves to friends, family, crew mates and support organisations, or whether it's building up our physical vitality. We all want to feel contented and it really is in our power to achieve it.

To get you started, remember these five tips:

- Do more of what makes you happy
- Keep learning new skills
- Connect with people
- Give to others
- Be physically active

4. Further Resources

Publications

Managing Stress and Sleeping Well at Sea (ISWAN)

Psychological Wellbeing at Sea (ISWAN)

Seafarers' Happiness Index (Mission to Seafarers)

Steps to Positive Mental Health (ISWAN) – note this is also available in Arabic, Chinese and Filipino via the Shipowners Club website below

Organisations

Apostleship of the Sea (AoS)

www.apostleshipofthesea.org.uk

International Maritime Organization (IMO)

www.imo.org

International Seafarers' Welfare and Assistance Network (ISWAN)

www.seafarerswelfare.org

Mission to Seafarers (MtS)

www.missiontoseafarers.org

Sailors' Society

www.sailors-society.org

SeafarerHelp (ISWAN)

<https://seafarerhelp.org>

+44 (0) 20 7323 2737

The Shipowners' Club

www.shipownersclub.com

World Health Organization (WHO)

www.who.int

To find your nearest Seafarer Centre, look up your location in ISWAN's SeafarerHelp directory: <https://seafarerhelp.org/en/seafarers-directory>.

Apps

Sailors' Society – Wellness at Sea

Related KVH Videotel Programmes

Catering on Board Ship Series: Part 4, Healthy Eating Guidelines (Code 1163)

Fatigue and Stress at Sea (Edition 2) (Code 1232)

Healthy Living Series:

Part 3, The Importance of a Balanced Diet (Code 1253)

Part 4, The Benefits of Exercise (Code 1254)

Part 5, Rest, Fatigue and Stress (Code 1255)

Part 7, Substance Abuse (Code 1257)

Notes

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