Working well together on board

**How to stay focused**

...when there are worries and distractions like COVID-19

- Share and discuss your worries with someone you feel comfortable with.
- Limit the time you spend following media or social media coverage of COVID-19 - just get the facts you need.
- Recognise it can be hard to cope with problems you can’t control. Be kind and compassionate to yourself.
- Try to stick to a routine - include proper breaks from work, activities you enjoy, connect with others and exercise.

**How to help stressed colleagues**

Some simple strategies can help you manage.

- Ask: Are you OK?
- Be prepared to listen - give your time, attention and listen with kindness.
- Talk problems through together to look for solutions.
- Lots of the current situation is outside our control - but having someone to listen can be extremely helpful even when solutions are not possible.
- Suggest useful resources and services like SeafarerHelp [see below].

**How to keep team morale up**

You are all in it together but each of us can be affected differently.

- Be mindful of how the situation is affecting your crew mates; look for ways to make life easier on everyone.
- See if the specific questions, needs or concerns can be addressed.
- Notice who might need extra time or attention.
- Create opportunities for shared activities to take your mind off work and worries.
- Remember this situation will change.

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ISWAN’s SeafarerHelp is a free, confidential, multilingual helpline for seafarers all over the world. Help and support is available 24 hours a day, 365 days a year. Visit www.seafarerhelp.org for contact details.