

# 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**

Ask for / provide clear and timely information - uncertainty is difficult

**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**

#ConnectingCrew



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](http://www.seafarerhelp.org) for contact details.

