



COMPANY GUIDE TO THE WELLNESS AT SEA AWARENESS CAMPAIGN

FOR SEAFARERS, THEIR FAMILIES AND SHORE STAFF



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Welcome

We are delighted that you are partnering with us and joining Sailors' Society's Wellness at Sea Awareness Campaign. By making this investment in your workforce and their families, you are marking your company out as an industry leader in crew welfare.

This unique programme reflects Sailors' Society's considerable expertise in maritime wellness training and the experience we've gained in more than 200 years of seafarer welfare work – from supporting seafarers and their families through the challenges they face in their everyday lives to helping them recover when their lives are hit by a crisis.

We believe this campaign will make a real difference in the lives of seafarers, their families and shore staff – and play an important part in an industry-wide conversation about wellbeing and mental health. So, by signing up for this campaign you are not just making a commitment to the health of your crews, but also the safety of your ships and your bottom line.

The nine self-contained modules in this campaign will deliver knowledge and guidance through podcasts, videos, self-assessment and a range of actions. They will provide insights while also highlighting the resources Sailors' Society has available for use at sea, at home or in the office.

These modules are for the whole maritime family. Because, whether you are a seafarer navigating the vast oceans around the globe, a family member of a seafarer taking care of the household, or you are working in a high-rise office of a maritime company, we are all interconnected and part of the wider maritime family.

We all navigate the vast oceans of life. Sometimes, the journey is filled with amazement, sometimes it is stormy and challenging. We all experience ups and downs. The strength of our maritime family lies the unique tapestry woven by our different roles and identities - a cherished son or daughter, a steadfast parent, a devoted partner, or an indispensable team player. Together we are stronger.

The Wellness at Sea Awareness campaign will:

- Empower by explaining basic principles of wellbeing and nurturing every aspect of who you are.
- Explore some of the most common challenges we can face and giving the tools to navigate these in a positive way.
- Offer support because we know that life can get tough at times and having someone to turn to for support can make all the difference. From the onset, it will be clear that no one need ever be alone.
- Build and support a sense of community.

While these modules offer a complete course, please also use this as an opportunity to support and celebrate any of your company's own wellness initiatives during the campaign.

This booklet sets out the contents of the course and some suggestions on how you might engage with it as an employer. We suggest you are creative in how you make materials available, that you engage with us and other role players on social media, and most importantly involve your seafarers, their families and your colleagues in the conversation.

This is a chance to learn about the unique challenges they face, while showing you care about their wellbeing and mental health.

We are also really keen to learn and adapt as the campaign progresses, so please do let us know how the roll-out is going and share any ideas or feedback you have, if anything worked particularly well or if there's something that we could do better.

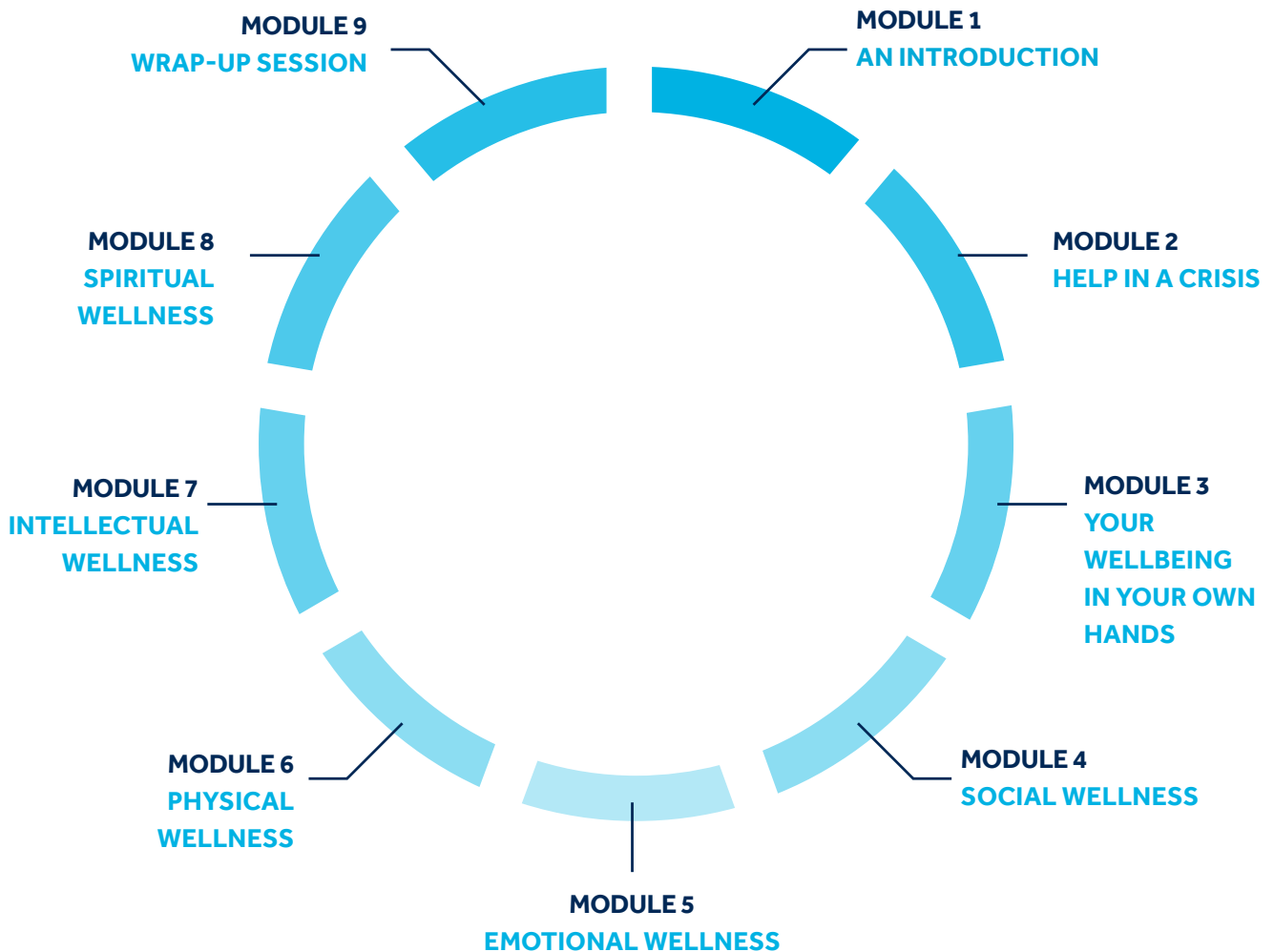
Every person's wellbeing is a unique, ongoing and dynamic process that is shaped by many life events and experiences. Like a skilled navigator, every one of us is entrusted with the helm of our own ship. The Awareness Campaign allows the participants to navigate into calm waters and truly be the master of their own wellbeing.

Thank you for taking this wellness awareness voyage with Sailors' Society.



Johan Smith
Head of Wellness
Sailors' Society

What's in the Awareness Campaign?



The Awareness Course is delivered in 9 modules each with its own set of bespoke resources around the theme it covers.

Each module contains:

A welcome

A personal introduction to the subject by our Head of Wellness Johan Smith.

A chance to listen and watch

A selection of podcasts and videos relevant to the subject matter that can be downloaded.

An action

Accompanying each module will be an action to do as part of the session.

Crew huddle

An opportunity for shipmates/family or colleagues to come together and discuss wellbeing and life at sea with questions and discussions points.

Some further Reading

For those who wants to dig a bit deeper into the subject matter, a few academic articles are suggested.

There will also be a mixture of other learning opportunities and resources such as cartoons, questionnaires, top tips and downloadable posters – all bespoke to each module.

TIMESCALES:

We recommend you allow around three weeks for engagement with each of the nine modules in the campaign

The Awareness Campaign Modules

MODULE 1

INTRODUCTION TO WELLNESS

This section introduces this 9-module course, not just to the seafarer, but just as importantly, the whole support system that surrounds them. It begins the journey that will put wellness into the hands of seafarers, their families and the shore staff who support them.

MODULE 2

HELP IN A CRISIS

What happens when life spirals out of control? This section introduces crew, shore-based staff and families to Sailors' Society's Crisis Response Network and how it can help them in a crisis.

MODULE 3

YOUR WELLBEING IN YOUR OWN HANDS

This section outlines the different tools offered by the Wellness at Sea programme and how crew, shore-based staff and families can use these to support their wellbeing.

MODULE 4

SOCIAL WELLNESS

This section explores the social aspects of a person, such as family and relationships. It looks at some of the social challenges seafarers, shore-based staff and families can face and offers practical tips on how to improve their social wellness.

MODULE 5

EMOTIONAL WELLNESS

With a focus on mental health, this section explains emotional wellness and encourages conversation about mental health as well as outlining some of the warning signs of depression and where to get help.

MODULE 6

PHYSICAL WELLNESS

How do you stay physically fit? This section explains the benefits of physical wellness and gives practical guidance about how to stay healthy on board and on shore, covering diet, exercise and illness.

MODULE 7

INTELLECTUAL WELLNESS

This section introduces and signposts your teams to where they can equip themselves with important information about the maritime industry, some of the challenges seafarers, shore-based staff and families can face – such as piracy or money troubles – and what they can do if things go wrong.

MODULE 8

SPIRITUAL WELLNESS

This section explores what spiritual wellness is and how spirituality can help seafarers, shore-based staff and families navigate life at sea and at home.

MODULE 9

WRAP-UP SESSION

This section gives crew, shore-based staff and families the space to review their learning and explore further any issues that have arisen during the course.

Behind the Campaign - the Circle of Care

Our wellness programme aims to build the best environment for seafarers to thrive. We believe the most effective way to do this is to surround them with care, supporting their wellbeing in every area of their lives.

We call it the Wellness at Sea Circle of Care.

Through this approach, we offer seafarers:

1. Empowerment.

Wellness at Sea Awareness is one of the tools we use to teach seafarers how they can stay physically and mentally well at sea. We introduce them to the basic principles of wellness, exploring some of the most common challenges seafarers face and giving them the tools navigate these in a positive way.

2. Support.

When life gets tough, having someone to turn to for support can make all the difference. Wellness at Sea both equips seafarers to support each other and, through Sailors' Society's helpline, offers seafarers free advice and counselling whenever they need it, anywhere in the world.

3. Community.

No seafarer is an island. Each member of your crew is connected with other people who they depend on and influence, both in their work and personal lives, and these communities have an impact on their wellbeing. That's why we've expanded Wellness at Sea Awareness to some of the other key people in their communities: seafarers' families and shore staff.

Wellness at Sea – families and shore staff

Seafarers, families and shore staff all face different challenges. They depend on one another, not only in a professional sense, but also on a human level - giving purpose and meaning to each other's lives. They can either motivate, encourage and inspire each other or discourage one another, causing anxiety and tension.

By expanding our Wellness at Sea programme to families and shore staff, the aim is to:

1. Create a shared language, through which difficult conversations like mental health can be confronted. A shared language creates shared meaning.
2. Create understanding and empathy for the unique challenges each person faces.
3. Build solidarity and unity through shared experiences.

Ideas on how to use the resources

Wellness at Sea Awareness presents you with an opportunity to show that you care. We are passionate about the wellbeing of seafarers, their family and shore staff and for that reason we are firm believers in collaboration. Use our material as a base but incorporate some of your own initiatives under every module heading.

You are likely to have other solutions and programmes in place to take care of your seafarers; use our resources as a vehicle to promote and celebrate them.

TOP TIPS

- Be creative in how you roll out the material. Have a team meeting to decide the best course of action to ensure that your seafarers get the maximum benefit possible.
- Send hard copies of the posters and handouts to vessels so that they can be distributed to crew and displayed in communal areas.
- Load the videos and podcasts onto ships' servers.
- Send a pen drive of all the material to vessels without internet.
- Create a dedicated page featuring the material on your company's website so that crew can easily access it.
- Share the material with your seafarers through your company's social media channels. The podcasts, posters and flyers are also small enough to forward via WhatsApp or WeChat.
- Share the material with crew who have signed off, for example by email.
- Ask the crew of each vessel to vote for a Wellbeing Officer on board. His/her task is to provide information to the crew and help them to interact with the resources. Think of an incentive to motivate your Wellbeing Officers.
- Create a Wellbeing TV channel in your mess room. Use the video content from Wellness at Sea Awareness and other relevant content and play it in the mess room.
- Every module has got an action to motivate seafarers, families and shore staff to engage with the topic. Think of an incentive for seafarers who complete all the actions.
- Decide on one day per week/month as a wellbeing day, for example, 'Feel Good Fridays'. Think of a practical action seafarers can take on board to boost morale. Link it to the relevant module in the resources.
- Ask seafarers their opinions about certain topics. Use the module headings as a way to get a fuller understanding of their wellbeing issues.
- Appoint a family liaison officer to engage with families and manage the material sent to them. Building these relationships are of substantial importance and putting a family liaison officer in place can have benefits that stretch well beyond these resources.

"Safety is in the core of Seaspan's DNA. It's what propels our relentless pursuit of innovative solutions to positively impact crew wellbeing. Our commitment to Wellness at Sea through the years embodies this focus on our crews' wellbeing and, in return, we saw our retention rates improve from 88 per cent to 96 per cent."

Torsten Holst Pedersen
COO, Seaspan Corporation

Modules: Content Breakdown

MODULE 1 Introduction to Wellness

Welcome to Module 1

For you

Listen:

- Podcast - Introduction to Wellness

Watch:

- Welcome to Wellness at Sea Awareness

Cartoon - Meet seafarer Joe

How are you

Who are you?

What makes you, you?

Action:

- Join our support community on social media.

Sailors Society is there for seafarers, their families and shore staff.

Crew huddle

Further reading

MODULE 2 Help in a Crisis

Welcome to Module 2

For you

Listen:

- Podcast - Why a Crisis Response Network?

Watch:

- Help in a Crisis

Action:

- Sign your personal wellness pledge

Sailors' Society Crisis Response Network

10 ways to look after your mental health

Crew huddle

Further reading

MODULE 3 Your wellbeing in your own hands

Welcome to Module 3

For you

Listen:

- Podcast - Sailors' Society is here 24/7

Watch:

- 24/7 Support from Sailors' Society

Top tips to combat anxiety

We are here for you 24/7

Sailors' Society helpline

Peer-to-Peer Support

Crisis response

Grant provision

Chaplains

e-learning

Action:

- Sign up for our free-of-charge MyWellness programme.

Crew huddle

Further reading

MODULE 4 Social Wellness

Welcome to Module 4

For you

Listen:

- Podcast - Family back home

Watch:

- Social Wellness

Cartoon: Seafarer Joe's thoughts on Social Wellness

Seven secrets of great communication

Calm the storm

What do you see?

Are you experiencing a crisis?

Action:

- Fill in the essential information and emergency contact form

Crew huddle

Further reading

Modules: Content Breakdown

MODULE 5 Emotional Wellness

Welcome to Module 5

For you

Listen:

- Podcast - The signs of poor mental health
- Podcast - Relaxation

Watch:

- Emotional Wellness

Cartoon: Seafarer Joe's thoughts on mental health issues

Depression - know the signs

Depression should you get help?

Top tips to keep mentally fit

Action:

- Consider signing up to a Peer-to-Peer Support Group

Crew huddle

Further reading

MODULE 6 Physical Wellness

Welcome to Module 6

For you

Listen:

- Podcast - Physical Wellness

Watch:

5 Routines for Your Physical Fitness

- Morning stretch and move
- 8 rep workout
- Abdominal workout
- Back pain help
- Body conditioning

Cartoon: Seafarer Joe's thoughts on keeping physically healthy

Action:

- Take part in our 21-day challenge.

Crew huddle

Further reading

MODULE 7 Intellectual Wellness

Welcome to Module 7

For you

Listen:

- Podcast - Intellectual Wellness

Watch:

- Intellectual Wellness

Finances - Cartoon seafarer Joe's thoughts on financial Piracy

Finances - Manage your money worries

Action:

- Set some financial goals for yourself

Setting financial goals

Crew huddle

Further reading

MODULE 8 Spiritual Wellness

Welcome to Module 8

For you

Listen:

- Podcast - meditative exercise

Watch:

- Spiritual Wellness

Action:

- Have a go at mediation

Tips on meditation

Crew huddle

Modules: Content Breakdown

MODULE 9

Wrap Up Session

Welcome to Module 9

Your journey so far

The journey so far – my diary

The journey beyond

Share some ideas of how you might take the next steps on your wellness journey.

Action:

- Check you have completed all the modules, watched all the videos, listened to all the podcasts and done all the actions.

Crew huddle

How to contact us



**With grateful thanks for the funding contribution
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sailors-society.org/wellness