

How to manage Anxiety

A GUIDE TO MENTAL HEALTH AT SEA



MENTAL HEALTH
SUPPORT SOLUTIONS



Steamship
Mutual

A case of Anxiety ...

The contents of the book, such as text, graphics and images are for informational purposes only.

The content is not intended to be a substitute for professional advice, diagnosis, or treatment.

If you are in a crisis or you think you may have an emergency, please reach out for help or contact MHSS.

This book is about frequently encountered struggles with anxiety. Athena, chief officer, is struggling with anxiety and panic attacks.



Filipo - The Captain

- He is Filipino, living in Bacolod
- 52 years old
- He has a wife, 3 kids and 2 dogs
- He likes to listen to rock music
- He loves to play chess and the guitar
- His favorite food is Kaldereta



Ivan - The Chief Engineer

- He is Russian, living in Naples
- 46 years old
- He is a single father
- He has a 14 years old son
- He likes to sail
- He enjoys to repair old cars



Caven - The Electrician

- He is American, living in Hamburg
- 28 years old
- Newly married
- He is a cat-person
- He likes to build 3D puzzles
- He is a huge bicycle fan



Athena - The Chief Officer

- She is Greek, living in Crete
- 43 years old
- She is a single mother of 2 kids
- Her son is about to start college
- She likes meditation and yoga
- Her favorite food is Noori's mushroom soup



Noori - The Cook

- He is Indian, living in Delhi
- 44 years old
- His wife recently passed away
- He has a daughter and grandchildren
- His favorite dish is Biryani
- He is a fan of the Lord of the Rings



Ginto - The Able Bodied Seaman

- He is Filipino, living in Tandag
- 25 years old
- He has a wife and 2 kids
- He likes playing video games
- He loves bringing back refrigerator magnets from around the world
- He enjoys playing the saxophone



Indica - The Third Engineer

- She is Indian, living in Chicago
- 26 years old
- She is single
- She loves to watch basketball games
- Her favorite basketball player is Breanna Stewart
- She is a Motorbike fan

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The captain is having a barbecue. Athena is sitting in the corner and is afraid to have fun with the others. She is thinking about the past mistakes she made during her shift.



Athena is worrying about her job performance. She is finding it hard to talk to people after work and has stopped eating regularly to avoid people. She feels judged all the time.



Athena is on the phone with her son. She is worried about the family's financial situation.

Her son is about to go to college and her paycheck supports the entire family. She is worried about losing her job and disappointing her family.



Athena is on the bridge. She is having a panic attack after making a mistake. She has difficulty breathing and is shaking. The captain rushes to her and helps her calm down.



Athena realizes how the breathing exercise helps calm her anxiety. She is getting calmer and calmer by breathing deeply together with the captain.



Athena is refusing to talk and is afraid to open up to the captain. She thinks she may be seen as unfit for duty, which contributes to her main fear of losing her job. Also, she is afraid of being misunderstood because of the cultural differences. The captain then shares his past struggles with anxiety.



Athena explains how she is worried about losing her job since she made so many mistakes. She elaborates how her anxiety has made her isolate herself and has prevented her from reaching out.



The captain explains to her that he didn't notice any major mistakes. He thinks she is great at her job, and he assures her that she has nothing to worry about. She is relieved and starts socializing with others.



Tips for helping with anxiety

1. Recognize and understand your anxiety. Anxiety is a normal reaction to uncertainty about what's going to happen next. Your nervous system is kicking into high gear because you are worried about something.

2. People with anxiety tend to brood too much about mistakes like being 5 minutes late or dropping stuff at work.

3. Don't criticize yourself, instead tell yourself:

"This is a healthy response of my body to a complicated, stressful and difficult situation."



4. Calming

When you are anxious you may feel afraid or out of control. Your thoughts may be predicting worse case scenarios.

Ask yourself:

- "Am I in a real danger?"
- "Am I worrying about something that is not a real threat to me?"
- "Am I actually safe right now?"

Thinking this way can help you be present in the moment, making you feel less stressed.



5. Reality check

Ask yourself these questions:

- "On a scale from 1 to 10, how anxious am I?"
- "On a scale from 1 to 10, how likely is the thing I'm anxious about going to happen?"
- "Do I have good reasons to think something will go wrong?"
- "Is there a chance I'm overly worried?"



6. Share your anxiety with someone you trust

Avoiding your anxious thoughts can worsen them. Discuss them with a friend or family member who can assist you to see them from a different perspective.

7. Five minutes of energy burst

If you're sitting there worried, get up and walk. Take a short walk, go outside for 5 minutes. Clean air and body movement can release that anxious energy in your body.

HOT

Oxytocin

⇒ Anti-Stress & Relax-effect

COLD

Endorphins

⇒ Feel good Hormone



8. Power of hot water

Hot showers can help you feel less anxious. Heat stimulates the brain's release of oxytocin, which has been linked to anti-stress or relaxing effects. If you don't have time for a shower, you can wash your face and hands.

9. Power of cold water

Anxiety can cause an increase in blood pressure, therefore 2-3 minutes in a cold shower (20 degrees Celsius) may help bring it down. A cold shower also increases endorphins, or feel-good hormones in the brain and lowers stress-inducing hormones.



Athena enjoying herself again after receiving help from the captain and social support from others.

ATTENTION



TREMBLING



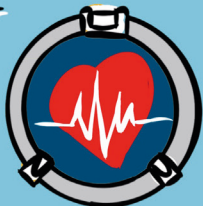
SWEAT



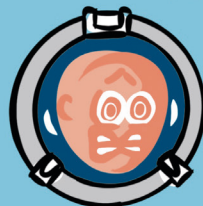
CONCENTRATION



DANGER
PANIC
DOOM



HEART-RATE

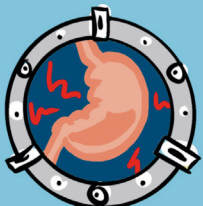


NERVOUS
TENSE



SLEEP PROBLEMS

HYPER-
VENTI-
LATION



GASTRO-
INTESTINAL
PROBLEMS



SADNESS
CRYING

Common anxiety signs and symptoms include:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

Always keep in mind

- ✿ Being aware of our breathing helps us stay focussed in the present moment.
- ✿ Staying connected to family and friends can really help us stay calm.
- ✿ Staying hydrated helps us focus and can prevent headaches.
- ✿ Make sure you know the dangers of alcohol abuse.
- ✿ Your mind and body work together to form a strong team.
- ✿ Worrying can be ended by taking action or letting the thoughts go.
- ✿ Social activities help us stay connected with our colleagues.
- ✿ Find time for stillness, meditation, praying or simply quiet time.

- ✿ Talking about our emotions helps our body and mind deal with them.
- ✿ Don't distract yourself with your mobile when working. Stay safe.
- ✿ Monitor your screen time and limit your surfing on the web.
- ✿ Sleep is the foundation of resilience and mental health.
- ✿ When we share our issues or help others, hormones decrease our stress levels.
- ✿ Help colleagues in need and watch out for sad or anxious behaviour.
- ✿ We all go through hard times. It is part of the shared human experience.
- ✿ Try to be as understanding as you can about people's problems and listen to them without judgment.



The bravest thing you can
do is ask for help!



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GET IN TOUCH!

Contact us today to find out how we can help and support you, your colleagues and your organisation.

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