

How to prevent stress and depression

A GUIDE TO MENTAL HEALTH AT SEA



MENTAL HEALTH
SUPPORT SOLUTIONS



Steamship
Mutual

Remember ...

- 7 ... to meet up and socialize with your colleagues.
- 9 ... to stay present and focused in times of stress,
but also when you are feeling good.
- 11 ... that focussing on your breathing will allow you to relax and avoid worrying.
- 13 ... to talk to family and friends.
- 15 ... to drink enough water.
- 17 ... to focus on your job and the safety of yourself and other people.
- 19 ... the dangers of alcohol abuse.
- 21 ... that a healthy body must team up with a healthy mind.
- 23 ... worrying pretends to be necessary, but it is not.
- 25 ... to have fun and do things together on board.
- 27 ... to find time for stillness.
- 29 ... to open up about your emotions and anxieties.
- 31 ... that the use of a mobile phone on the bridge is prohibited.
- 33 ... to monitor your screen time.
- 35 ... that sleep is very important for your mental health.
- 37 ... a problem shared is a problem halved.
- 39 ... to look for signs of stress in your colleagues.
- 41 ... everyone goes through hard times and experiences, worries and stress.
- 43 ... not to lose focus and not to try shortcuts when you work.
- 45 ... the bravest thing you can do is ask for help.
- 47 ... help yourself by using our helpline.



MENTAL HEALTH
SUPPORT SOLUTIONS



Filipo - The Captain



Ivan - The Chief Engineer



Caven - The Electrician



Ginto - The Able Bodied Seaman



Noori - The Cook



Athena - The Chief Officer



Indica - The Third Engineer

Mental Health Support Solutions GmbH
info@mentalhealth-support.com

Graphic & Illustration: Luisa Lau
Lau@relaunchdesign.de



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Remember
**to meet up and socialize
with your colleagues.**

Meeting with other people will decrease stress levels and make you feel less depressed when facing hard times.

You will experience a better sense of group cohesion and feel more connected with the people around you.



Remember
**to stay present and focused in
times of stress, but also when
you are feeling good.**

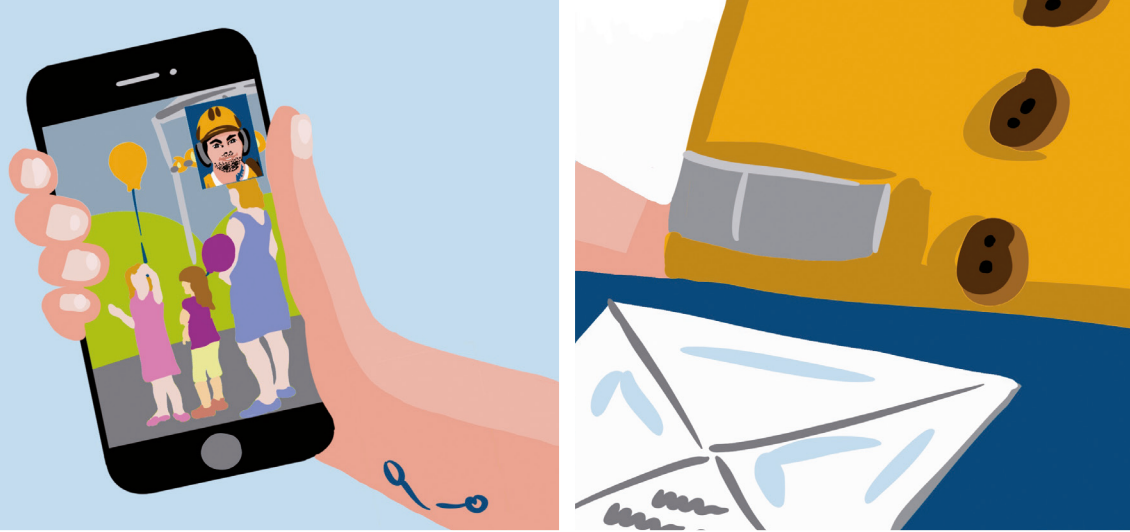
You can do this by simply using your senses when you sit down to eat your meal. Smell the food, taste the different ingredients, and stay focussed on your experience of eating instead of on your thoughts.



Remember

**that focussing on your
breathing will allow you to
relax and avoid worrying.**

We often worry about the future or about family and friends. But this worrying doesn't help us and makes us more nervous. Being aware of our breathing helps us stay focussed on the present and creates more body awareness.



Remember
to talk to family and friends.

Being away for a long time can often be very hard on us and sometimes upsetting. Staying connected to family and friends can really help us stay calm and collected. We also feel emotionally supported. Our family and friends often know what we need to hear to feel better.





Remember
to drink enough water.

Staying hydrated has tremendous positive effects on our psychological resilience. We are better focussed when we drink water. Water helps relieve and prevent headaches, helps with blood flow, and helps more oxygen get to the brain. Drinking enough water balances out our emotions and stabilises our mood. It also actively decreases stress levels.



Remember
**to focus on your job and
the safety of yourself and
other people.**

Doing the right thing and being focussed when working improves wellbeing and assures trust and respect can be built among colleagues. Try to be the best person you can be each and every day.



Remember

the dangers of alcohol abuse.

Alcohol can be dangerous. Excessive alcohol use is not just bad for your body, but also interferes with your brain's ability to regulate mood, behavior and even concentration. Next to high blood pressure, heart disease, and digestive problems - it can lead to alcohol dependence and accidents at work. Be mindful about alcohol and remember less is always best and always check if your company has a no alcohol policy.



Remember
**that a healthy body must team
up with a healthy mind.**

To ensure that our overall wellbeing is maximised. This means a healthy diet, regular exercise, and staying hydrated are extremely important aspects of our wellbeing.



Remember

**worrying pretends to be
necessary, but it is not.**

It doesn't achieve anything and we are left feeling sad and drained. We need to ask ourselves: Can I do something about the subject matter of the worry? If yes, take action. If no, then recognize the thoughts and let them go. This is called self-control and resilience.



Remember
**to have fun and do things
together on board.**



Fun activities like swimming, grilling, basketball
and card games help us connect onboard and
have fun.
This relieves anxiety and helps with stress and
sadness.



Remember
to find time for stillness.

This can be a time when you pray, meditate, use positive affirmations, or just allow yourself to experience serenity.

These peaceful times also help decrease levels of stress and keep us positive and happy.



Remember

**to open up about your
emotions and anxieties.**

Opening up about our feelings with trusted colleagues or friends helps us gain a better perspective, feel supported and gives us a sense of clarity.

We are better equipped to deal with emotions after we have talked about them.

Our sense of loneliness often comes from feeling disconnected with the people around us.

Actively talking about our anxiety and challenges helps us regain control and feel more connected.



Remember

**that the use of a mobile phone
on the bridge is prohibited.**

Stress, home sickness, loneliness and anxiety might lead some of us to deviate from the rules and puts the vessel and her crew at risk. We need to take time to deal with our emotions and our stress, but at work we need to comply with the procedures that keep us and the vessel safe. Instead of breaking procedures, you can ask for a timeout when you need some time to sort things out.



Remember

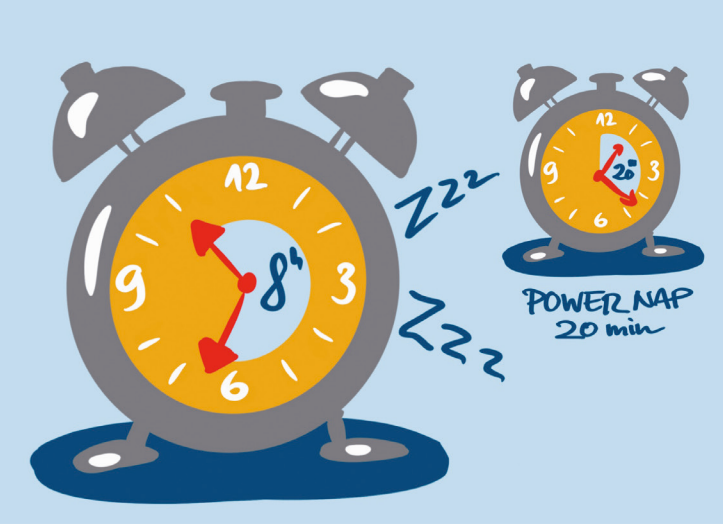
to monitor your screen time.

Be aware of how often and how long you are on the internet, browsing, playing games, or watching a video. Too much time on the internet will isolate us from others on board.

It will also affect sleep patterns and prevent rest and recuperation.

A sense of community is strengthened by socialising and talking with each other on board.





Remember
**that sleep is very important
for your mental health.**

It regulates your mood and helps you stay concentrated. Avoid stimulating activity before bedtime. You can also improve your sleep by avoiding naps, turning off all screens 1 hour before bedtime, drinking small amounts of fluids before bedtime, and doing relaxing things like drinking tea or reading.



Remember

**a problem shared is a
problem halved.**

Our brain sends out a hormone called oxytocin when we ask for support from others, or support someone. This strengthens our connection with others and actively reduces stress in our body. We feel lighter and mentally stronger when we are supported or support.



Remember
**to look for signs of stress
in your colleagues.**

Some people may feel hesitant to ask for help. You can make a big positive difference by actively asking someone if everything is OK and by looking out for signs of stress in your colleagues. This shows you care about him or her. Be kind to one another.



Remember

**everyone goes through hard
times and experiences,
worries and stress.**

This is part of being a human. It's completely normal to feel these emotions and worries. We may often feel weak or disconnected from others. But, you are not alone out there. It is true strength to ask for help and care for yourself in times of need.



Remember

not to lose focus and not to try shortcuts when you work.

Focus on your job and all the important aspects of compliance. Following the rules and procedures assures safety of the crew and your own well-being. A well maintained vessel assures safe sailing with no accidents and safe operation for everyone on board. Think about yourself and the others. Be vigilant about safety and make sure to speak up when you see unsafe acts.



Remember
**the bravest thing you can do
is ask for help.**

We are strong as a team. We are social creatures by nature. We get through hard times by sticking together. This means we feel strongest when we reach out for help and come together as one. Let's remember that family, friends, colleagues, and the helpline are here for us in times of need.



Remember

**help yourself by using
our helpline.**

To talk things through with Mental Health Support Solutions really shows that you care for and look after yourself.

It also assures that you practice good mental hygiene. Caring for ourselves is an important part of resilience. It is not a weakness, but a strength.

Takeaways

- ✿ Talking to other people will decrease stress levels.
- ✿ 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.
- ✿ Try to be the best person you can be each and every day.
- ✿ 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 thought go.
- ✿ Social activities help us stay connected with our colleagues.
- ✿ Find time for stillness, meditation, prayer 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 of 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.



The bravest thing you can
do is ask for help!



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Contact us

Get in touch with us today to find out how we can
help and support you, your colleagues and your
organisation.

info@mentalhealth-support.com
Mobile + 49 1515 40 366 45



Contact us

www.mentalhealth-support.com

Mental Health Support Solutions

· Große Elbstraße 275

22767 Hamburg / GERMANY



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