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?

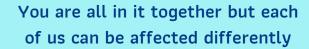
Be prepared to listen - give your time, attention and listen with kindness

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



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



