Strengthening relationships at home



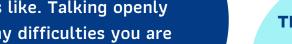


THINK: What ways can you nurture your relationships with people who are important to you?

REMEMBER: If you have children, your partner is a single parent whilst you are away and they have to manage all the problems of daily life



Unless your family has been to sea with you, they may not have much sense of what life at sea is like. Talking openly about any difficulties you are facing may help you to see your options more clearly and strengthen your relationships





THINK: How can you be part of family events and celebrations, even when you aren't there?

Try to be understanding if your partner shares complaints that you can't do anything to help with. Although it is tempting to feel that you should be able to solve the problem, sometimes just listening and sympathising is just as important

> Decide how much and how often you can talk with or Skype or e-mail your loved ones and agree your expectations of each other

THINK: What does your family need from you, when you are at home and when you are away? And what do

you need from them?

If you need someone else to talk to, SeafarerHelp is always available:





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 for contact details.