



HOW ARE YOU?

Wellness is about much more than not being sick – it's about being healthy in your body, mind and spirit.

From relationships to money, exercise to sleep, there are many different factors that affect your wellness. The Wellness at Sea programme looks at how to manage these areas of your life and to recognise and combat the stresses life at sea can bring – taking your wellness into your own hands.



Need help?

Email crisis@sailors-society.org visit
www.facebook.com/SailorsSocietyCRN, or go to
www.sailors-society.org/support-for-seafarers





WHO ARE YOU?

You're much more than the job that you do.

You are a multi-dimensional human being. Your personality, your passions, your abilities, your sense of humour – these are just some of the many things that make you, you.

The Wellness at Sea programme helps you explore the different dimensions of your life and how to make the most of them to enjoy a fulfilling career at sea.



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WELLNESS AT SEA



WHAT MAKES YOU?

Your skills, experience and physical fitness helped you to get your job.

These are certainly important - but they're just a small part of you. You're a physical, emotional, social, spiritual and intellectual person.

Holistic wellness looks at the different elements that make up who you are. The Wellness at Sea programme uses this approach to give you practical tips about how you can keep these in balance to feel healthy and whole while working at sea.



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