



WELLNESS AT SEA



CALM THE STORM

Conflict can be upsetting for everyone involved and cause difficulties. Here are some useful tips to keep your relationships on an even keel, both at home and at sea:

- Check the source of the conflict
- Ask what you can do to resolve it
- Active listen to what others have to say
- Show empathy and respect towards others, even if they don't share your point of view
- Take personal responsibility for your role in the conflict
- Don't be afraid to recognise if you are mistaken
- Work towards a positive solution that is mutually beneficial and collaborative



Need help?

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

