

ARTICLE

Wellbeing at sea: A pocket guide for seafarers

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SPECIFICATIONS

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DESCRIPTION

Seafaring is a very demanding profession. Being far away from family and friends, being unable to leave the workplace and having fewer choices during non-working hours can affect physical, mental and emotional health. For seafarers, whilst on board, the ship is not only a place of work but also a home.

Wellbeing means a state of good health and fulfilment. It is not just the absence of illness, but also about achieving a positive mental state to thrive and be fulfilled at work.

This practical guide will offer guidance for seafarers on fitness and diet, general health, personal and social wellbeing, mental health issues, and relationships and communication. With an extensive appendix there is practical guidance to help seafarers with everyday life.

Easy to read and full of illustrations, this pocket book will be an essential resource to offer support to seafarers to promote a state of healthy wellbeing at sea.

Key features

General health, personal, mental and social wellbeing

Names of organisations that help seafarers

Appendix with practical advice; exercises and general health advice

