

Stress Busters

How to relax on board

Take time out

Taking up a hobby can help you to relax and take your mind off negative thoughts - card games and puzzles, reading, table tennis, painting and drawing, crafts and model building, music (listening to or learning an instrument), watching comedy or films are good examples. Try to relax and make the most of your free time.

Getting physical

Exercise can help to clear your mind and relieve stress. If there is no gym on board, press ups, sit ups and stretching are good alternatives but take it slowly at first. Star jumps, jogging on the spot, walking around the ship or using a skipping rope are also good ways of exercising when space is limited.

Take a deep breath

Breathing and relaxation are strongly linked but often, people under stress will make shallow breaths. Practising deep breathing can help you feel calmer and increase your wellbeing.

Sleep tight

You should aim for eight hours' sleep every night but stress can impact on this. Make time to relax before bedtime - but if you take a hot shower, read a book or enjoy a milky drink this can help you sleep. Avoid caffeine late in the day and try not to eat two hours before bedtime. Gentle exercise such as yoga or meditation can also help you relax before bedtime.

Reach out

Speaking with others about how you are feeling can be an important way of relieving stress. Spending time with others will also help you to develop supportive friendships on board. If stress becomes unbearable, you should speak to your Master, a port physician or a port chaplain - there is no shame in asking for help.

Eat Well

A good, balanced diet is vital for your overall wellbeing. Some good tips for a diet to combat stress include: limit your coffee and caffeine intake - particularly at the end of the day; ensure you don't skip meals (especially breakfast); drink eight glasses of water a day; avoid high fat foods (especially saturated fat), sugar, white flour and salt; avoid fried foods and unhealthy snacks and eat sensible portions.

Contact:

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