

Allegato 13

Annex 13

COVID-19
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Coping with stress during COVID-19

<p>Feeling sad, stressed, confused, scared or angry during a crisis is normal. Talking to people you trust can help. Talk to your colleagues and contact friends and family.</p>	
<p>When on board, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with other crew members and by email, social media and phone for family and friends.</p>	
<p>Don't use smoking, alcohol or other drugs to manage emotions. When overwhelmed, talk to a colleague or contact SeafarerHelp. Have a plan, where to go to and how to seek help for physical and mental health needs if required.</p>	
<p>Get the facts. Gather information to accurately determine risks and take reasonable precautions. Use a trusted credible source such as WHO or government agency website.</p>	
<p>Reduce time spent watching, reading or listening to upsetting media coverage to limit worry and agitation.</p>	
<p>Draw on past skills which helped you manage previous difficult situations to help handle your emotions at this time.</p>	
<p>Contact SeafarerHelp, the free, confidential, multilingual 24 hour helpline for seafarers and their families, open 365 days a year for advice if necessary. Dial +44 20 7323 2737 or email help@seafarerhelp.org</p>	



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