

## Managing stress with relaxation techniques

In partnership with International Seafarers' Welfare and Assistance Network (ISWAN), the Club is pleased to present the latest addition to the Good Mental Health Guides series: 'Managing stress with relaxation techniques'.

This 13-minute audio guide offers various relaxation exercises to help seafarers cope with stress at sea. The guide is accessible [online](#) and is also available for [download](#).

Stress is a biological reaction that helps the body to cope with the threats and difficulties that we face in daily life. Whilst stress can be beneficial, excessive strain over prolonged periods of time can create negative effects on physical health and mental wellbeing.

The relaxation exercise shared in the audio podcast combines progressive muscular relaxation with controlled breathing techniques. Together, these train the mind and body to release tension through mindful breathing, and consequently, counteracts the 'fight or flight' response.

The full article can be read by clicking the *View pdf* button above.

**This article is one in a series of article produced by the Club, in partnership with ISWAN, on the topic of Psychological wellbeing at sea. [View the series so far.](#)**