

Managing stress and sleeping well at sea

Managing stress and sleeping well at sea is an integral part of positive health and wellbeing on board. [In partnership with ISWAN](#), the Club has produced this information booklet as part of their series of Good Mental Health Guides for seafarers.

Seafarers face unique challenges shared by few other professions – long periods away from home, living and working in the same place, adverse weather and even the risk of piracy. This new self-help guide, aims to help seafarers understand stress and its effects, and offers practical strategies to recognise stress and cope effectively. A 15-minute audio relaxation exercise is available to complement the guide. The exercise combines muscle relaxation with controlled breathing to help calm the body and mind in times of stress.

The [Managing Stress and Sleeping Well at Sea](#) booklet also provides advice on how seafarers can manage fatigue at sea and get the most from their sleep. Factors such as rota management and crewing numbers may be largely outside of seafarers' control but this new guide provides tips and advice to reduce the risk of fatigue and take care of seafarers sleep health.

The full booklet can be accessed 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.](#)