

# COPING WITH CONFLICT:

## A guide for seafarers and their families



Worried, tense or distracted? Checking the news regularly? Noticing changes in your sleep, concentration or mood? **What you are feeling is normal.** These reactions are natural during a crisis. If worries build up, talk to someone you trust or contact us. Here's what else you can do:

### Focus on what you can control

- Keep a simple daily structure – regular meals, rest and daily responsibilities.
- Take things one step at a time rather than thinking too far ahead.
- Rely on verified updates from trusted or official sources rather than rumours.



### Calm your body when stress rises

- Pause and take a few slow, steady breaths.
- Move your body – stretch, walk or change your environment for a few minutes.
- Take short breaks from news or stressful conversations if you feel overwhelmed.
- Focus your attention on something around you – what you can see, hear or feel.
- Do something that usually helps you relax – like listening to music or prayer.



### Stay connected with loved ones

- Stick to your normal routine for checking in.
- Keep calm and understanding of each other's worries or fears.
- Keep the conversation on the present moment, rather than future worries
- Share calm, factual updates and try to avoid discussing rumours or unverified information that may increase worry.
- Remind them of your love, gratitude and appreciation for them.



### Seafarers – Look out for each other

- Check in with crewmates – a simple 'How are you doing?' can help.
- Spend time together during meals or breaks rather than isolating yourself.
- Listen with patience if someone wants to talk about how they are feeling.
- Notice if someone seems withdrawn and gently reach out to them.
- Small acts of support, kindness or humour can lift morale.



No matter how hard you are finding things right now, remember you are not alone.

If you need someone to talk to, support is available 24/7 through our helpline – visit [iswan.org.uk/get-support](https://www.iswan.org.uk/get-support).