



## KNOWING WHAT IS NORMAL AND NOT NORMAL ABOUT YOUR OWN MIND AND BODY IS CRUCIAL TO GOOD HEALTH.

### Signs that your body is not functioning normally

- Lack of concentration
- Feeling excessively tired
- Constipation
- Dark urine
- Getting breathless when walking up stairs
- Feeling dizzy or lightheaded
- Heart palpitations
- You keep getting colds
- Skin breakouts

### What should you do if you notice any of the above?

Take a good look at your daily routines, are you?

- Eating a healthy diet with a range of different foods?
- Drinking plenty of water?
- Getting exercise at least once a day?
- Sleeping properly and for long enough without being disturbed?
- Taking a bit of time out for yourself every day?



### Do you need more help with your symptoms?

If you are concerned about any of your physical symptoms, then it is important to speak to someone early. Recognising when things are not normal and doing something about it early can prevent a whole host of medical issues developing. Not sure who can help? The following people can be approached:

- The Captain and Chief Mate have been trained to assess medical conditions and injuries and will be able to speak to a medical professional if they need further assistance.
- If you are in port – you can visit walk in clinics or see your own GP if you are at home on leave.
- Speak to someone you trust on board and ask them if they have noticed anything physically different about you. For example: rapid weight loss or weight gain, more caffeine, alcohol or cigarettes than normal.

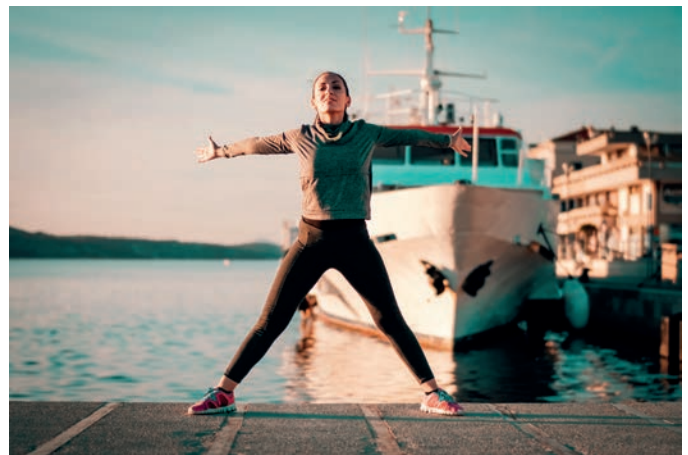


### Signs that your mind is not functioning properly

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Alcohol or drug abuse
- Significant changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thoughts

### Why do you think you are having these symptoms?

- Are you under pressure at work?
- Do you feel uncomfortable in the presence of a certain person(s) on board?
- Do you think you are being harassed, possibly sexually?
- Are you being discriminated against due to your gender, sexual preferences, race etc?
- Are you homesick or having problems at home?
- Do you feel a distinct lack of professional support?
- Do social pressures get you down?



### How can I help myself?

- Tell someone. Anyone. But you need to trust them.
- Be aware of your mental health and recognise the early warning signs of stress or anxiety.
- Look after your physical health.
- Make time to do the things you enjoy.
- Keep a diary and note down your feelings and moods.
- Access free helplines and websites.

For more information on keeping your mind and body healthy please check out the websites below:

[www.mind.org.uk](http://www.mind.org.uk)

[www.sailors-society.org](http://www.sailors-society.org)

[www.bigwhitewall.co.uk](http://www.bigwhitewall.co.uk)

[www.seafarerhelp.org](http://www.seafarerhelp.org)

[www.missiontoseafarers.org](http://www.missiontoseafarers.org)

[www.apostleshipofthesea.org.uk](http://www.apostleshipofthesea.org.uk)