

COMBAT THE TRAP

(And avoid falling prey to illegal substances)

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Controlled breathing

Inhale slowly and deeply through the nose, into the bottom of the lungs, filling them.

Exercise

Engage in physical activities with fellow crewmembers.

Rest well

Take time for yourself, relax or connect with others on board.

Socialize

Spend time with the rest of the crew even outside duty hours.

Good quality sleep

Prioritize your sleep health and get the sleep that you need.

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Make friends on board

Have friendly relations with everyone on board, and have certain colleagues to share your life's ups and downs with.

Communicate with your family

Take advantage of the wifi on board and get in touch with your family and friends regularly.

Observe quiet time

Spend some time everyday in silence to clear your head. Pray, meditate, or just be still.

Build up on your hobbies

Spend some of your time off duty to cultivate your interests or to engage in activities you are enthusiastic about.

Remind yourself of your goals

Think about the things you would like to accomplish. Focusing on your goals can help you to keep going.

Discuss with your superior

If you are worried about your performance at work, or concerned about anything on board, discuss it with your superior.

Talk to someone

If your problem is something personal, reach out to someone you trust among your fellow crewmembers.

Ask for help

Help comes in many forms: It can be an actual solution to your problem, a means to help you solve your problem, a well-thought-out advice, or some time off for you to clear your head. All you need to do is ask.

Let someone know

If you are not comfortable with sharing your personal life with anyone on board, at least let someone know if you happen to be going through tough times.

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Socialize

Spend time with fellow crewmembers and make friends with them.

Adopt an active lifestyle

Set fitness goals and try to work on them as regularly as possible by engaging in physical activities or working out.

Learn

Spend the hours you normally feel bored learning a new skill, cultivating your interests, or acquiring a hobby.

Volunteer

Ask your superior for extra work that can prepare you for any position you are aspiring for, teach you a new skill, or hone your talents.

Remember your why

Remind yourself why you chose this profession, and use that to propel yourself to do something constructive.

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Stay clean. Stay safe. TAKE CARE.