



MARINE BENEFITS

SEAFARERS' MENTAL HEALTH:

Learnings from walking a mile in their shoes

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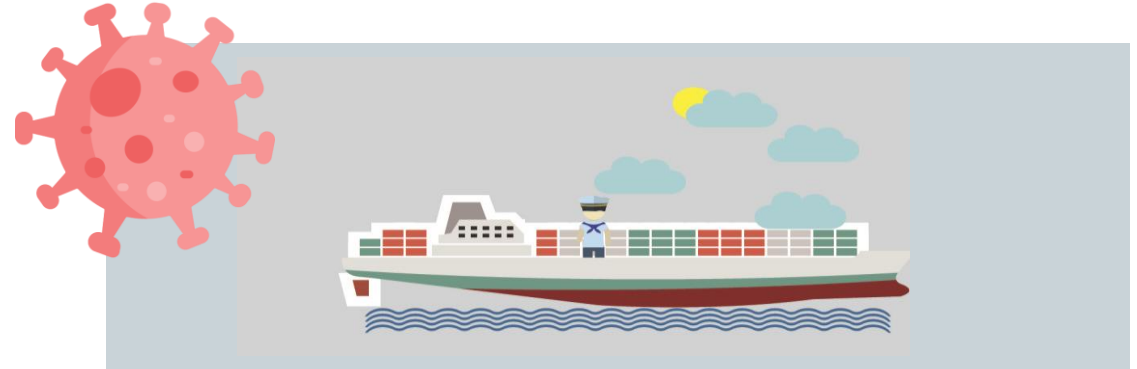


COVID-19

Placing the seafarer in precarious situations


Time to be proactive!

Seafarers are frontline workers

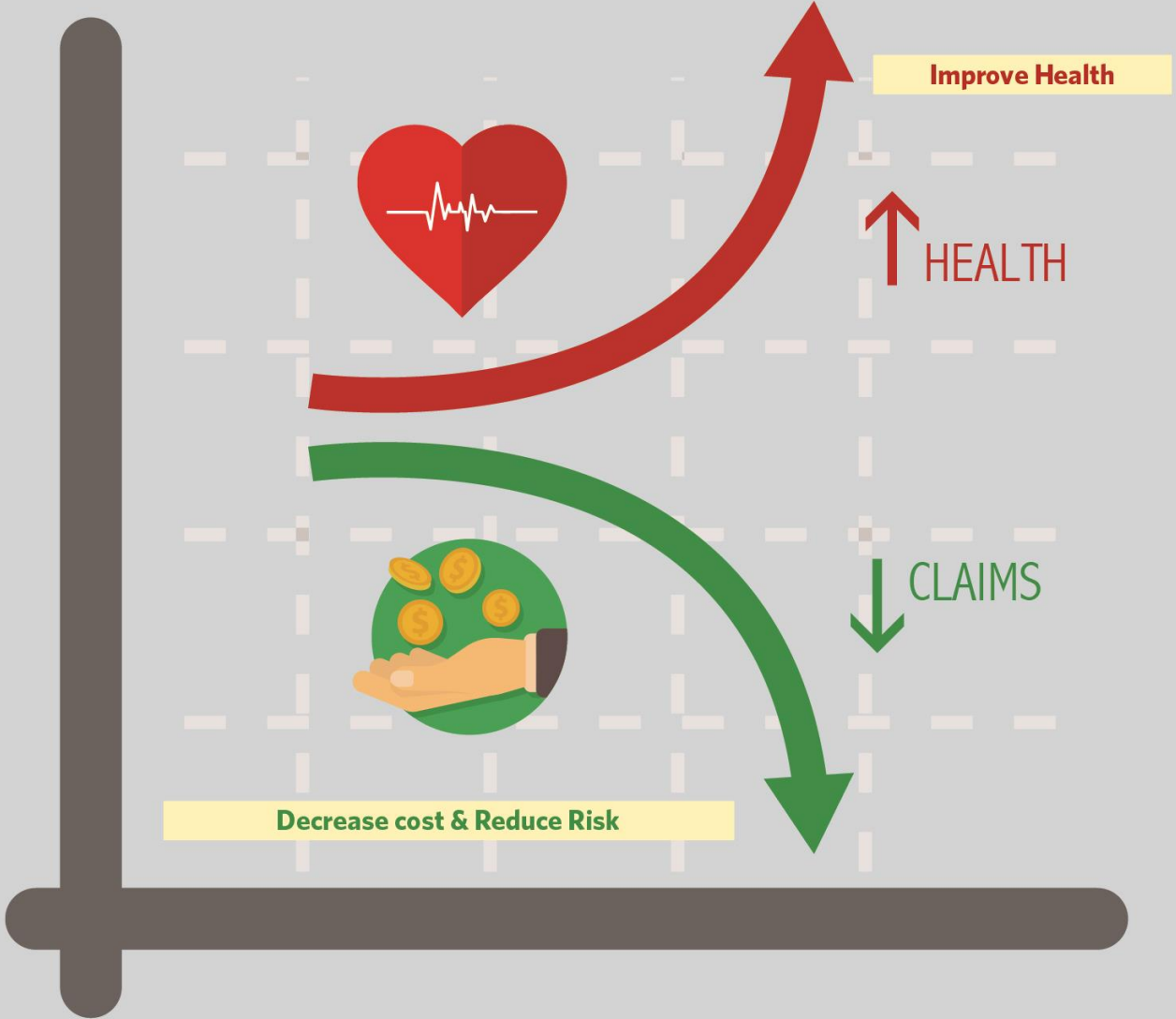


Travel restrictions - impact on seafarers:

- >150 000 seafarers prevented from crew change
- Delay in urgent medical assistance
- Prolonged time onboard
- Quarantine & curfews
- Termination and unemployment

- 
- Uncertainty
 - Isolation
 - Loneliness
 - Stress
 - Depression

Get to know your crew





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2016 Philippines

2,405 seafarers

2018 India

3,712 seafarers

2019 Myanmar

1,565 seafarers

2019 Women in shipping

297 female seafarers

33 company studies

Re:refresh

>21,000 seafarers surveyed

> 15 different nationalities





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Stress
Depression
Worries





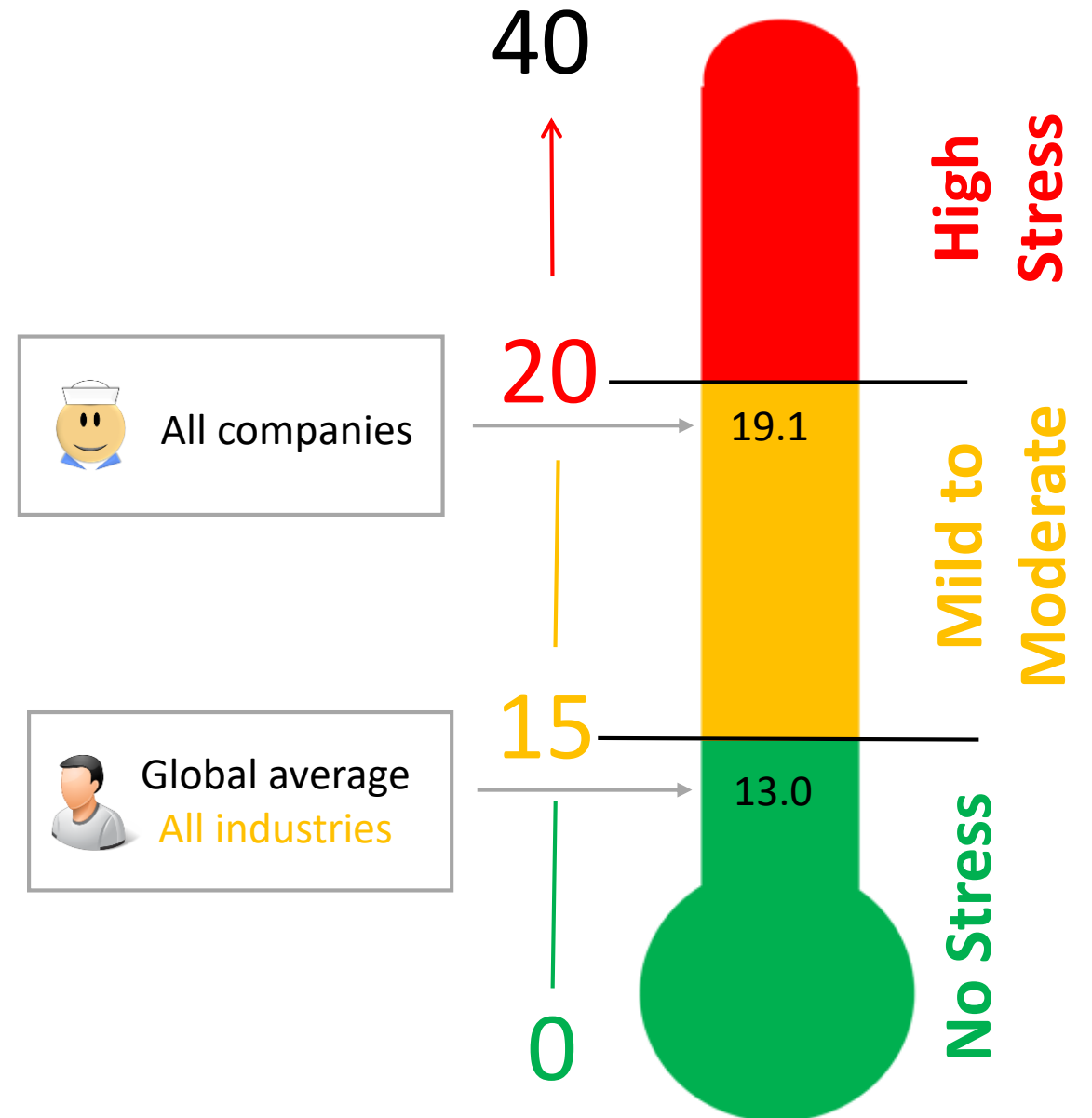
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STRESS

Cohen's perceived stress scale

Consequences of stress:

Colds & flu, cancer, depression, PTSD, Eczema, stomach ulcers, heart disease, asthma, etc.





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DEPRESSION

WHO-5 Wellbeing Index

1 depressed seafarer in every 2 ships



88%

All Well



12%

Mild Depression

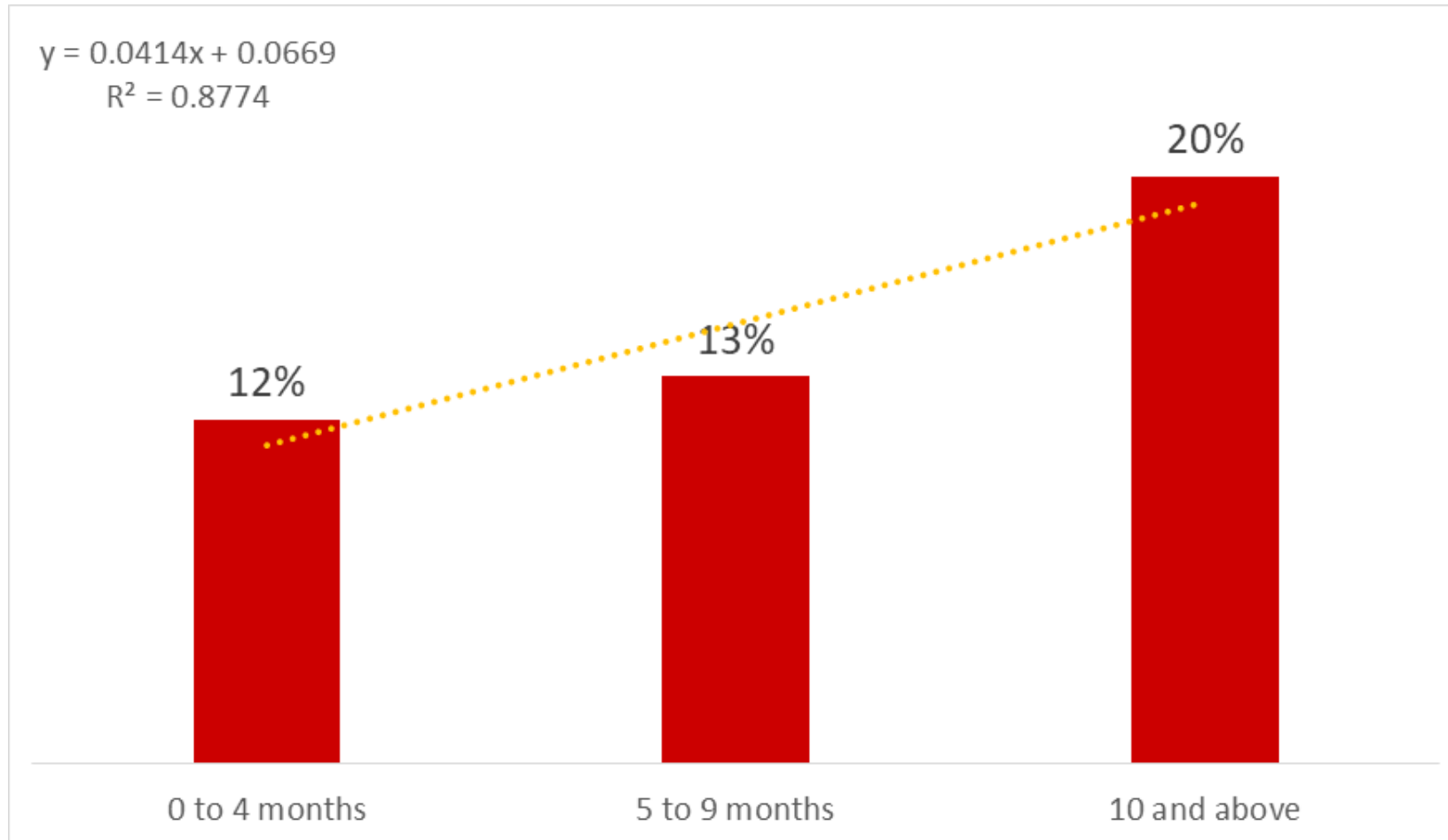
Moderate Depression

Severe Depression



Depression

Months onboard

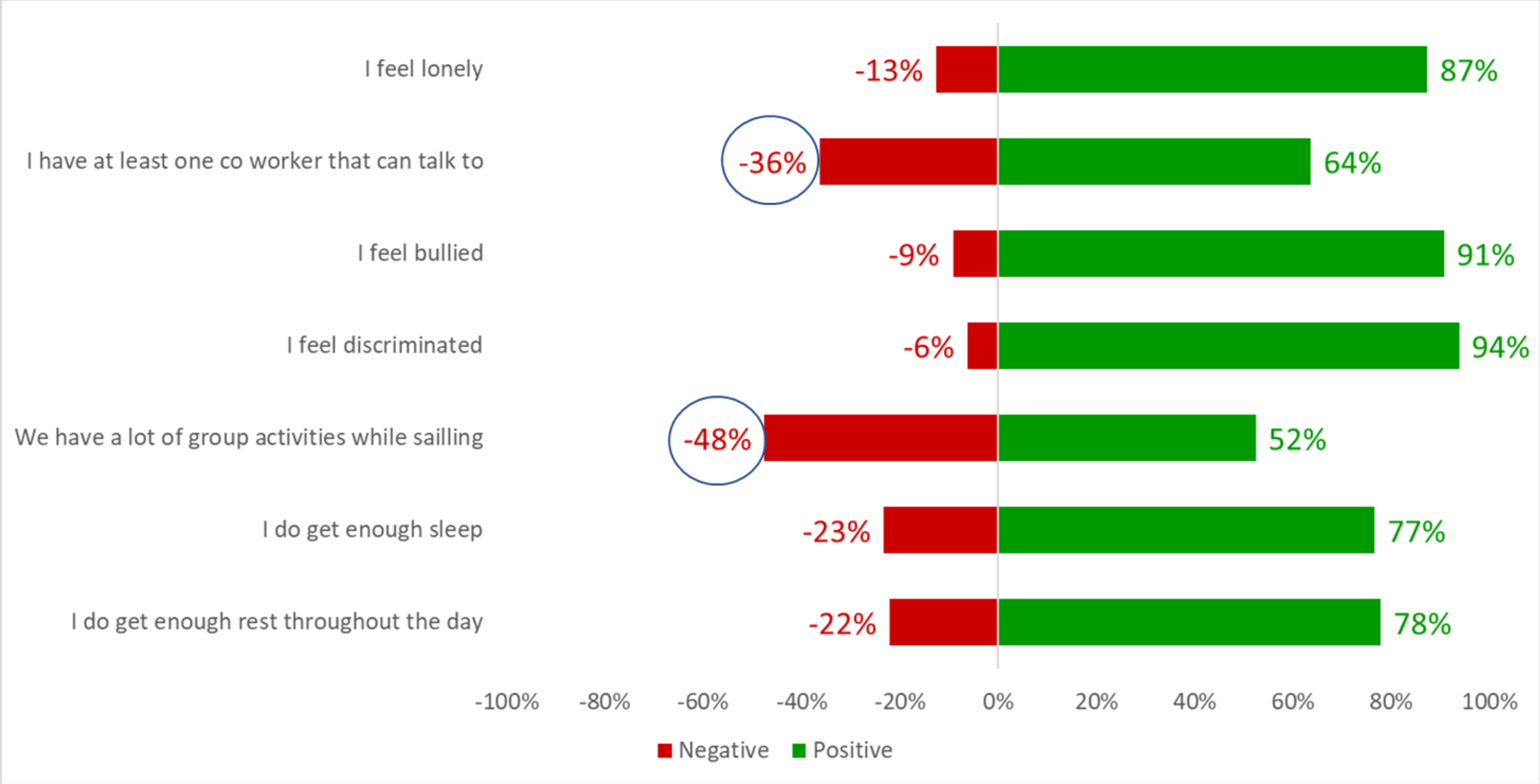


Result:

Depression is relatively stable from 0 to 9 months onboard, but is growing exponentially from 10 months.

OTHER CONCERNS

Feelings of loneliness, social relationships activities on board





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MAKING LIFE BETTER ONBOARD



1. **POLICY**
2. **FROM EXPERIENCE**
 - Require a hobby
 - Social Sunday



Reduce medical P&I
Eliminate suicide

OTHER GOOD EXAMPLES:

- Regular & organized physical activity
- Music
- Limit WiFi
- Healthy food
- Group activities
- Create meaning
- Be proud of job – abandon victim mentality

THE EQUATION FOR A HEALTHIER LIFE



Re: start

THE EQUATION FOR A HEALTHIER LIFE

Re: start is a health and wellbeing program based on the Equation for a healthier life: EAT, MOVE, SLEEP and POSITIVE RELATIONS. The program has a health promoting focus and gives attention to the causes of modern lifestyle diseases rather than the symptoms. The Equation for a healthier life provides you with the keys to a healthier and more balanced life. A changed lifestyle is often the best medicine. Whatever you do is a matter of choice, and everything you do is either a net gain or a net loss.

EAT	+	MOVE	+	SLEEP	+	POSITIVE RELATIONS
<ul style="list-style-type: none"> • Eat regularly. Three main meals: breakfast, lunch and dinner. Possibly 1-2 snacks if needed. • Eat only one portion every meal. • Eat five different vegetables every day. For weight loss max. 1 fruit/day. • Eat clean: Avoid processed and fast food such as candy, sweets, cakes, cookies, ice cream, soda, pizza & burgers. • Drink water at least 8 glasses/day. Unlimited tea and coffee (without sugar). • Never eat alone. 		<ul style="list-style-type: none"> • Be physically active at least 30 min/day or walk at least 10,000 steps /day. • Do vigorous physical activity 3-5 days/week. • Muscle strength 2-3 times/week involving major muscle groups. • Movement pause: For every 20 minutes sitting, walk 2 minutes. • Find activities you enjoy and do them more often - the more physical activity the more health benefits. • Exercise with a friend and it will be more fun! 		<ul style="list-style-type: none"> • Get 6-8 hrs. of sleep/night. • Spend 20 minutes outdoors every day, preferably in the morning. We need sunlight! • Create a dark, cool and quiet sleeping environment. • Drink all caffeine before 2pm (or earlier). • Create a routine for going to bed & avoid screen time 1hr before sleeping. 		<ul style="list-style-type: none"> • Make it a point to get to know your fellow crew - do you know everyone's name and the names of their family members? • Find a hobby that you can bring onboard. • Eat your meals together with yo colleagues. • Engage in social activities on board: BBQ, karaoke nights, game dancing etc. • Keep a diary of gratitude - write a thank you if thank

Reflection and discussion: Identify what part of the equation you are already doing. What more can you

EAT + MOVE + SLEEP + POSITIVE RELATIONS

Re: start

MANAGING STRESS AND WELLBEING AS A KEY WORKER

As a key worker you are probably feeling the pressure from being far away from your family and friends for long periods of time, working long hours and from the new social distancing restrictions. All this can lead to additional stress and worries for you and your family. We have put together some ways to help you manage your wellbeing and stress during this period.

Understand stress: There are many signs of stress: racing heart, headache, muscle tension, and sleep issues. One might also experience emotional symptoms: feeling anxious, frightened, or angry and snapping at people. This is normal. You might also feel like eating less or more than usual as well as drinking and smoking.



- Talk to someone you trust.
- Let your co-workers know you are stressed and let them help you.
- Keep a stress diary. Identifying what triggers your stress can help you have more control over your stress levels.
- Write a to-do list. It can make you feel in control.
- Have regular debriefings. Discuss a specific happening or situation. Let everyone express their concerns, feelings, and describe what is going on, without giving comments or advice (blameless).

Connect with others: Social relationships are crucial for our overall health and wellbeing. We are social beings. Every one of us need to interact with other people for survival, even those who define themselves as introverts. It is important for you to interact and get to know your fellow crew on a personal level while onboard.

Physical activity: Make it fun and games. Exercising releases endorphins, and other "feel good" hormones that puts us in a better mood. Exercise is the best medicine. It prolongs life with several years, improves psychological wellbeing, prevents heart disease and type 2 diabetes, reduces risk of depression and anxiety, as well as strengthens muscles.


Fun Sunday: Organize a "Fun Sunday" every week, where you get together in a relaxed manner. Provide a grill, games, karaoke, or what you find fun. Get different teams involved in the planning.

Play music: Music boosts the "feel good" hormones. It brings people together and is relaxing. Do karaoke. Dance. Have dance competitions.

WiFi: Wi-Fi is wonderful and brings people together, but it also tends to isolate people from each other. Schedule your time spent online, connect with family and friends, but limit your COVID19 information intake to once a day only.

Bring a hobby onboard: If you do not have one, find one and develop it. It should be something practical, creative, and "hands-on". Knitting, drawing, learn to cook, play an instrument, paint, lay puzzles, learn photoshop, write a book, learn a language, etc. Something you find fun!

Boost your immune system: Food has an impact on our mental health. Increase your fruit and vegetable intake. Diet of low nutritional value (junk food), leads to both obesity and malnutrition at the same time. Probiotics and "feel good" hormones are produced in the gut when we eat fibers and vegetables. Without sufficient fibers, vitamins, and nutrients we will get ill. Now more than ever, it is important to boost our immune system!



Reflection and discussion: What stress reactions do you usually have? Learn to recognize stress in your fellow crew and offer your help. Which of the suggestions above can you implement this week? Make a plan on how to be physically and socially active onboard these next 3 weeks (and repeat).



"You can't change the beginning, but you can start where you are and change the ending."
C.S Lewis

Make a strategic plan

Stress



Level	Health Promotion	Disease Prevention	Disease Treatment	Outcome
Organization	<ul style="list-style-type: none"> Improve work content Fitness program Career development 	<ul style="list-style-type: none"> Improve communication & decision making Conflict management 	<ul style="list-style-type: none"> Vocational rehab Out placement 	<ul style="list-style-type: none"> Productivity Turnover Absenteeism Financial claims
Individual & Organization	<ul style="list-style-type: none"> Time management Improve interpersonal skills Work/home balance 	<ul style="list-style-type: none"> Peer support groups Coaching Career planning 	<ul style="list-style-type: none"> Post traumatic stress assistance Group psychotherapy 	<ul style="list-style-type: none"> Job stressors Demand control Support Role ambiguity Relationships
Individual	<ul style="list-style-type: none"> Pre-employment medical exam Stress management 	<p>PEME</p> <ul style="list-style-type: none"> Cognitive/mental Behavioral/social Techniques Relaxation 	<ul style="list-style-type: none"> Rehab after sick leave Disability management Individual psychotherapy 	<ul style="list-style-type: none"> Mood states Psychosomatic complaints Subjective experienced stress Psychological parameters Sleep Disturbances Health balance
COST	<p>ROI: High Cost: Low</p>	<p>ROI: Medium Cost: Minimize potetial future cost</p>	<p>ROI: Low to negative Cost: High</p>	

YOUR MOST IMPORTANT ASSET





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An ounce of
prevention is worth
a pound of cure.

Thomas Edison

THANK YOU!

www.marinebenefits.no

