HEALTHY WAYS TO COPE WITH STRESS ON BOARD A SHIP

Pandemics can be stressful

You may experience increased stress during this pandemic. Fear and anxiety about this disease and other strong emotions can be overwhelming. Learn more about healthy ways to cope with stress.

Take these actions to cope with stress in a **healthy way...**

☑ Be Informed

Know what to do if you are sick and are concerned about COVID-19. Contact the ship's medical provider and take steps to protect others on board.

Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).

☑ Make Healthy Choices

Take care of your emotional health.

This will help you think clearly and react to the urgent needs to protect yourself, your fellow crew, and your family.

Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body.
• Take deep breaths, meditate, or relax to music.
• Try to eat healthy, well balanced meals.
• Exercise regularly, including stretches.
• Get plenty of sleep.
• Avoid excessive alcohol use and drugs.

Make time to unwind.
Try to do some other activities you enjoy.

☑ Connect with Others

Connect with others.

Talk with people you trust about your concerns and how you are feeling.

Connect with your communities or faith-based organizations.

While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Learn more about healthy ways to cope with stress at:

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html.

cdc.gov/coronavirus

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