



WELLNESS AT SEA



# CALM THE STORM

**Conflict can be upsetting for everyone involved and cause difficulties. Here are some useful tips to keep your relationships on an even keel, both at home and at sea:**

- Check the source of the conflict
- Ask what you can do to resolve it
- Active listen to what others have to say
- Show empathy and respect towards others, even if they don't share your point of view
- Take personal responsibility for your role in the conflict
- Don't be afraid to recognise if you are mistaken
- Work towards a positive solution that is mutually beneficial and collaborative



**MAYFAIR**  
WE CARE

## **Need help?**

Email [crisis@sailors-society.org](mailto:crisis@sailors-society.org) visit  
[www.facebook.com/SailorsSocietyCRN](https://www.facebook.com/SailorsSocietyCRN), or go to  
[www.sailors-society.org/support-for-seafarers](https://www.sailors-society.org/support-for-seafarers)

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**NOT ON MY WATCH**

**A SAILORS' SOCIETY  
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