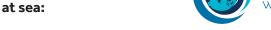


## **CALM THE STORM**

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

## Need help?

Email crisis@sailors-society.org visit www.facebook.com/SailorsSocietyCRN, or go to www.sailors-society.org/support-for-seafarers

