

Dear Wallem Seafarers,

We at Wallem have been busy with ensuring we are doing right in this unprecedented coronavirus (COVID-19) crisis.

The team ashore is geared up and functioning at full capacity to ensure that all of you onboard remain fully supported and continue the business of transporting much-needed goods across the oceans. We are doing everything we can to ensure crew wellbeing and organise crew changes where possible.

We have engaged Dr Kevin Menon, clinical psychologist and author of Wellness@Sea book, to help us create a guideline to maintain good mental health in this extremely difficult period.

Wellbeing Implications for Seafarers

Travel restrictions, countries closing their borders, quarantine measures and very limited availability of flights due to airline shutdowns has impacted crew change operations for seafarers manning commercial vessels.

The physical health concerns that follow COVID-19, for seafarers onboard or transiting between their vessel and home, as well as for their families can cause an increase in overall anxiety. Many of these risks can be mitigated with the stringent application of health, hygiene and social distancing guidelines widely available. However, the uncertainty of the situation, extended time away from friends and family, fears for one's own and family's safety and wellbeing can also cause an increase in stress and anxiety and have a compounding effect on one's mental, emotional and physical wellbeing. Times like this highlight how crucial it is that companies, seafarers and families work together. Apart from following stipulated WHO, industry and company health guidelines, the following are some simple Do's and Don'ts that can and will make a positive difference to your mental and emotional wellbeing.



What can you do?

Looking after your physical and mental health is always important and even more so during this challenging time. The Wellness@Sea guide available onboard will already provide you with a good understanding of how to build your resilience and wellbeing. The following do's and don'ts can be helpful for everyone.



- Ensure you prioritise your sleep and relaxation times. A healthy 7-8 hours of sleep will help you be healthy and lower your susceptibility to anxiety.
- Commit to at least 30min of exercise a day e.g. walking, stretching, using the gym, yoga etc. This will keep your physical health up, increase your energy levels and burn off any unhealthy nervous energy that builds up because of anxiety.
- Encourage, support and show appreciation to your fellow crewmates. Supporting others helps you feel more empowered and secure emotionally and improves the overall moral and positivity onboard.

- Eat a balanced, healthy and nutritious diet. This will boost your immune system and provide you with the necessary nutrients to be healthy.
- Keep connected with family and friends at home. This will allow you to support them and will allow you to feel connected to your loved ones.



- Spend time each day connecting with fellow crewmates. Talking and enjoying recreational activities together provides the human connection and enjoyment everyone requires to recharge. It will help you and your teammates destress, build camaraderie and moral.
- Limit seeking information updates to one or two specific times during the day from legitimate sources, e.g. WHO websites and company representatives etc. Inaccurate and misguided information can breed more panic and engaging with the constant stream of information will overwhelm and compound the anxiety that you may experience.

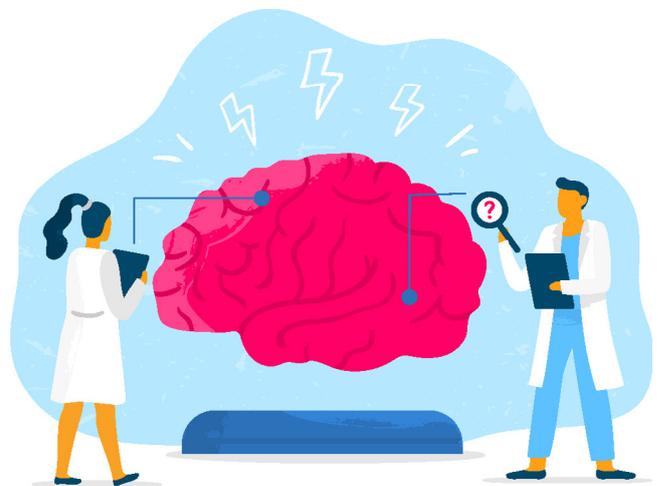
- Maintain a positive outlook by focussing more things that you have control over in your day to day instead of things that are outside of your control. Focussing on the many things outside of our control especially in times of uncertainty breeds excessive worrying, anxiety and feelings of helplessness.
- An increase in anxiety and worry can create feelings of being overwhelmed and affect sleep. Have a good wind down strategy that refocuses the mind can promote better sleep e.g. reading, watching a show etc. If your mind seems to be full of worries, spend 5-7 minutes each evening writing them down in a journal or on a piece of paper. This strategy lessens the frequency and intensity of these negative thoughts over time.



- Include into your daily routine activities that promote mental and physical relaxation e.g. meditation, deep breathing, yoga, tai chi etc.
- Use appropriate humour helps break tension and laughing releases healthy endorphins that help combat stress and low mood.

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POSITIVE

- Practice gratitude and appreciation. Think about and even share with your family, about two or three things or experiences you feel appreciative of everyday. This trains your mind to be connected to the many positives that currently still exist and we perhaps take for granted. This actively builds a healthy positive mindset.
- Ask for help and support if you feel you need help with your mental and emotional wellness. Everyone needs help sometimes and learning how to deal with things healthily will build your resilience and ability to cope. Wallem has made Professional Counselling Support (with Dr Kevin Menon) available for all seafarers. Send a request to Seavoice@wallem.com to access this confidential service.

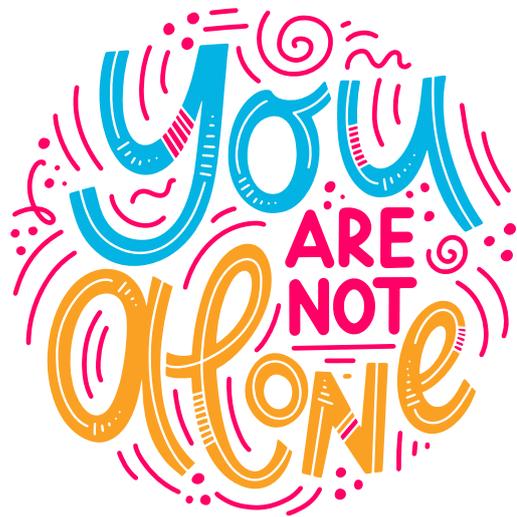




- Avoid or limit consumption of sugary drinks and cigarettes. These unhealthy habits can increase your health risks, lower your overall health and also affect your mental wellbeing.
- Avoid watching, reading or listening to news or media that cause anxiety or increase distress. This is crucial — besides helping to mitigate misinformation, it manages stress levels triggered by the constant barrage of bad news.
- Avoid sharing rumours and information from uninformed sources with fellow seafarers and your family members at home. This will reduce confusion, unnecessary panic and anxiety.



- It is normal for some to experience uncomfortable feelings of frustration, agitation and anger. Avoid taking these out of the people around you. These can be normal feelings to an abnormal situation. Ask for help and speak to a professional who will be able to help you with these.
- Avoid isolating yourself in your cabin. Excessive worry can at times cause people to withdraw but this often compounds feelings of loneliness and helplessness. Reach out and talk to someone or ask for help.



- Avoid spending too much time worrying, contemplating "what ifs" and "if onlys". These unhealthy thought patterns generate anxiety, low mood, agitation and seldom lead to positive useful actions. Practice instead more helpful thoughts about what you want to achieve and start taking positive action towards what would make things better. If you can't help worrying, limit your worrying time to a designated 15mins a day, this gradually trains your mind to focus on more important things the rest of the time.
- Avoid and negative talk. This can become an unhealthy thought pattern that generates more feelings of frustration and helplessness that brings other people down.