



# FIVE WAYS TO STAYING SHIP SHAPE

ĒTAHI ARA E RIMA  
KI TE NGĀKAU ORA

Introduce these five simple strategies & you will feel the benefits.




**TAKE NOTICE**  
ME ARO TONU  
Remember the simple things that give you joy.



**CONNECT**  
ME WHAKAWHANAUNGA  
Talk & Listen. Be there, feel connected.



**GIVE**  
TUKUA  
Your time, your words, your presence.



**KEEP LEARNING**  
ME AKO TONU  
Embrace new experiences. See opportunities. Surprise yourself.



**BE ACTIVE**  
ME KORI TONU  
Do what you can. Enjoy what you do. Move your mood.



Adapted courtesy of The Mental Health Foundation of New Zealand [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)



For support or advice call  
**0800 ADRIFT** (0800 237 438)  
Any day between 7am and 10pm

[www.firstmate.org.nz](http://www.firstmate.org.nz)



# The Five Ways to Staying Ship Shape



Talk, listen, and connect with others such as fishers, whānau and friends. Those living with a mental health condition often withdraw from others, so keep an eye out for those who don't come to events, parties or BBQs anymore! Missing friends and whānau when at sea is a key concern for seafarers, so consider these tips:

- › When at sea set a contact schedule with your whānau and friends if possible.
- › Connect with crew and build a strong team that is comfortable asking each other "Are you Ship Shape Mate?"
- › Importantly remember your partner and whānau are left alone and also have struggles when you are away, so be understanding and patient when talking to them at home or from sea and give them time when you are back.
- › Find someone to talk openly with about your worries and struggles.
- › Connections with trusted people are the cornerstone of wellbeing, so invest time in developing them and get yourself out there.



Giving means to give your time, attention and presence. Carrying out acts of kindness and sharing your time and stories can increase your happiness and your general sense of wellbeing.

Give others who work at sea a helping hand, compliment a crew member, share stories, support a friend or whānau member and say thank you often!



Focus on the moment without worrying about all the stresses in your life. Notice the positive things around you like the good weather, the sunrise and sun set, the environment and the last good catch and this will improve your mood.

Give yourself a break. Reflecting on your experiences and achievements in life no matter how large or small will give you a lift as will savouring the moments when good things happen.

There are many positives to being at sea and we have the best workplace in the world. Many people will never see the greatness we see on a daily basis so take notice and enjoy.



Learning increases our self-esteem, keeps us connected and helps us adapt to change.

Things like exploring new ideas, new fishing grounds, rediscovering an old interest or hobby and even doing a skipper's ticket can help your mental health. Take a calculated chance, do something new, find something that will engage your mind and keep learning new things.



The fifth and final way to staying Ship Shape is being active. Getting physically active every day is great for both our bodies and minds. Research has shown that it can really improve our mood and overall wellness, and it decreases depression, stress, and anxiety.

Being active means any form of physical movement, such as helping the crew on deck, getting out of the chair a bit and walking with your whānau and friends when home. Any activity on a regular basis will improve your physical and mental health.