

Strengthening relationships at home



THINK: What ways can you nurture your relationships with people who are important to you?

REMEMBER: If you have children, your partner is a single parent whilst you are away and they have to manage all the problems of daily life



Try to be understanding if your partner shares complaints that you can't do anything to help with. Although it is tempting to feel that you should be able to solve the problem, sometimes just listening and sympathising is just as important

Unless your family has been to sea with you, they may not have much sense of what life at sea is like. Talking openly about any difficulties you are facing may help you to see your options more clearly and strengthen your relationships



THINK: How can you be part of family events and celebrations, even when you aren't there?



Decide how much and how often you can talk with or Skype or e-mail your loved ones and agree your expectations of each other

THINK: What does your family need from you, when you are at home and when you are away? And what do you need from them?

If you need someone else to talk to, SeafarerHelp is always available:



#ConnectingCrew



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