

# NAVIGATING THE CHALLENGES OF EXTENDED DEPLOYMENTS:

# TIPS FOR MAINTAINING WELLBEING

EXTENDED DEPLOYMENTS AT SEA ARE A REALITY FOR MANY SEAFARERS, OFTEN LASTING BEYOND SCHEDULED DURATIONS DUE TO GLOBAL DISRUPTIONS, PORT CONGESTION AND UNFORESEEN OPERATIONAL DEMANDS. WHETHER WEEKS OR MONTHS AT SEA, LIFE ABOARD A VESSEL CAN TAKE A TOLL ON MENTAL, PHYSICAL AND EMOTIONAL WELLBEING. BELOW ARE SOME PRACTICAL TIPS FOR MAINTAINING WELLBEING DURING THESE LONG STRETCHES AT SEA.

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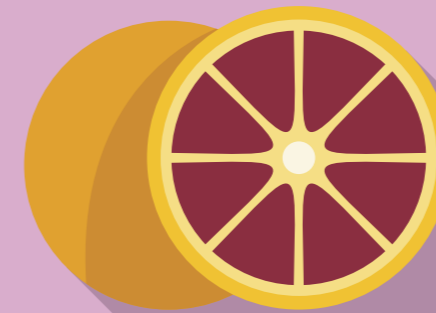
## ROUTINE

A structured daily routine is essential to maintaining both mental and physical wellbeing while at sea. With tight schedules and long shifts, a routine brings a sense of normality and control to your day. Incorporating time for work, physical activity, rest and leisure helps prevent burnout. Personal activities like reading, listening to music, or engaging in hobbies help you to relax. A well planned routine also supports a healthy sleep cycle, crucial for staying alert and avoiding fatigue.



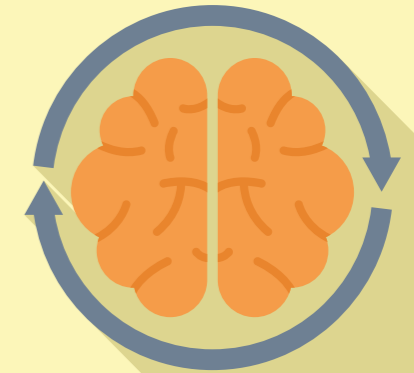
## STAY ACTIVE

Exercise is one of the most powerful tools for managing the mental and physical challenges of long deployments. It improves sleep quality, boosts energy and enhances resilience to stress. Regular physical activity also releases endorphins, which elevate mood and reduce stress. Whether it's a morning stretch, a walk on deck, or a full workout routine, make it a habit to move daily. Many vessels offer gyms or designated exercise areas, but even in limited spaces, bodyweight exercises can be done.



## NUTRITION

Nutrition plays a critical role in maintaining energy and immune health. Although fresh food options may be limited during long voyages, it is important to eat balanced meals with fruits, vegetables, lean proteins and whole grains. Staying hydrated is equally important, as dehydration can lead to fatigue and impaired focus. Make sure to drink plenty of water throughout the day to maintain optimal health.



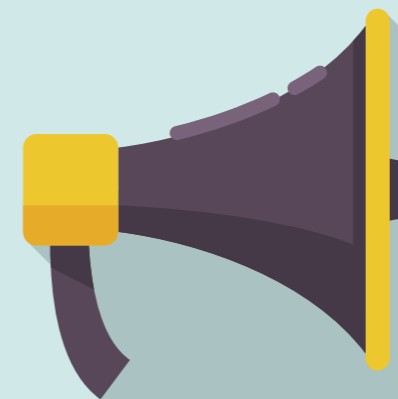
## PRIORITISE YOUR MENTAL HEALTH

Mental health is just as important as physical health when at sea. Extended time away from home, repetitive routines, and work pressures can lead to stress or anxiety. Sharing experiences with colleagues can also reduce the emotional strain of isolation. If stress becomes overwhelming, seeking support from a mental health professional or onboard resources can help.



## SKILL DEVELOPMENT

Extended deployments offer an opportunity for personal and professional growth. With extra time at sea, consider developing new skills or enhancing existing ones. Many maritime training providers now offer modules specifically designed for self-study during deployments, turning downtime into valuable learning experiences.



## COMMUNICATION

Isolation is one of the toughest challenges during extended deployments. Although direct contact with loved ones may not always be possible, maintaining some communication is essential for mental wellbeing. Modern communication tools like video calls, messaging apps, and social media make staying connected easier than ever. Setting up a predictable communication schedule with loved ones may give you something to look forward to, which can help alleviate loneliness. If communication is limited, create a shipboard support system where crew members can discuss challenges and share experiences.

## STAY FLEXIBLE

Life at sea is often unpredictable, with weather conditions, technical issues and unforeseen events altering plans. Flexibility is crucial in managing these challenges. Adapting to changes with a positive attitude can prevent frustration and stress. Embrace the uncertainty and focus on what you can control. Maintaining flexibility allows you to thrive even in unpredictable conditions. Extended deployments at sea present unique challenges. Maintaining mental, physical, and emotional wellbeing is vital not only for personal health but also for the safety and efficiency of the vessel.