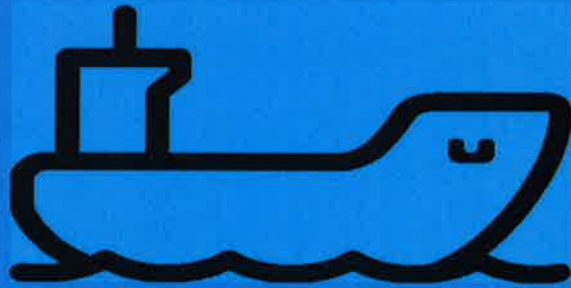


RESILIENCE

Participant Guide





MODULE 5: TAKE CARE OF YOURSELF



TAKE CARE OF YOURSELF

TOPIC	DETAILED INFORMATION
MODULE BACKGROUND INFORMATION	Taking better care of ourselves involves making some changes, with goal setting being the first. Once we have set a goal, we need to then move towards it. How often do we make a New Year's resolution, only to give up on it?
MODULE OVERVIEW	<p>Taking care of ourselves is about ensuring that we give ourselves the best opportunity we can to maintain our health, creative energy, network of family and friends, and the smartest skills, in order to cope with everyday challenges and changes.</p> <p>When we take care of ourselves, we can improve our work productivity and safety, we can perceive more fulfillments from work, and our relationships with family and friends can be improved. And all of this helps in keeping our mind and body primed to deal with challenging situations.</p>

EXERCISE ONE

'A man too busy to take care of his health is like a mechanic too busy to take care of his tools.'

- ★ What does taking care of yourself mean to you? Taking care of family? Taking care of other crew members?

- ★ Why is taking care of yourself important for your home life? Your life on board?



TAKE CARE OF YOURSELF – EXERCISE TWO

★ Please circle the number that best matches your current level of happiness for each scenario.

10 = Very Happy 5 = Neither Happy or Unhappy 1 = Very Unhappy

HOW HAPPY ARE YOU WITH	
Your work environment on board?	1 2 3 4 5 6 7 8 9 10
Your diet and your food choices?	1 2 3 4 5 6 7 8 9 10
How you manage your free time?	1 2 3 4 5 6 7 8 9 10
Your personal safety behaviours?	1 2 3 4 5 6 7 8 9 10
Your level of physical exercise?	1 2 3 4 5 6 7 8 9 10
The way you are looking after your health?	1 2 3 4 5 6 7 8 9 10
Your ability to intervene in unsafe situations?	1 2 3 4 5 6 7 8 9 10
Your safety culture on board?	1 2 3 4 5 6 7 8 9 10



TAKE CARE OF YOURSELF – EXERCISE TWO

- ★ Based on your reflection in the previous exercise, now identify ONE goal that you are going to strive for better caring of yourself.

Remember the goal should be SMART; Specific, Measurable, Achievable, Relevant and Time-bound.

My goal is:

**I will measure success
by:**

**I think I can achieve
it because:**

**It is relevant to me
because:**

**I will achieve it by
this date:**

- ★ And I will do this by the following these steps (Outline the steps that you will take to achieve the goal. Remember, the journey to reach the goal consists of a series of small steps and strategies);

Attendees:



FEEDBACK FORM

Module name _____

Please take the time to fill in this anonymous feedback form at the end of the module and hand it to your facilitator.

WHAT DID YOU LIKE ABOUT THIS MODULE?

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WHAT WAS YOUR KEY LESSON THAT YOU WILL TAKE AWAY FROM THIS MODULE?

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WHAT TECHNIQUES THAT YOU LEARNED ABOUT IN THIS MODULE WILL YOU USE IN THE FUTURE?

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WHAT WOULD YOU IMPROVE ABOUT THIS MODULE?

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THANKS FOR YOUR FEEDBACK!