



SEAS YOUR FUTURE

Pelican Of London

Pre-Sail Preparation

Breath-work to relax

- **Become aware of your breath** by feeling into how you breath - if you feel like its just in your chest, this is a shallow breath. To get rid of anxiety and be calm and in control, we must control the breath and learn to breathe moving the belly.
- **Start by breathing in for a count of 4.** Fill your lungs, gently push out your belly as you breathe in.
- **Hold the breath for a moment**
- **Exhale steadily with control, bringing the belly in as you breathe out.**
- Practice this for a few breaths in and out. It won't feel natural at first but practice and you will feel the difference
- **Box Breath** - **B**reath in for 4 then hold for 4 then exhale for 4 and hold again for 4 and repeat. 3 mins of this helps to get rid of stress hormones and increases serotonin in your brain, taking you to a happier place!

Finding your Sea legs!



Sea sickness can be experienced by anyone and is caused by an imbalance in our inner ear. There are several things we can do to prepare for the best outcome and avoid it as much as possible:

1. Always looking forward, towards the front of the ship when sailing and to the horizon in order to regain the feeling of balance in your vision.
2. Ground your feet into the floor and have your legs wider - in line with or wider than your shoulders and feel into the movement of the ship so you can keep your balance, bending your knees in the opposite way to the rocking - think about how you'd move if you were standing on the middle of a see saw or balance board.
3. **IMPORTANT** - buy and take sea sickness tablets and read the packet so that you start taking them before you get onto the ship and they can be already working for you.
4. Choose plain biscuits as a snack. Ginger helps but is not everyone's favourite!



SEAS YOUR FUTURE



What to do if you feel worried about anything...

You are with a professional crew of caring adults who are passionate about sailing and have a mission to ensure you are making the most of your experience. I will be on board, specifically to help you if you have any worries or concerns. There are no stupid questions so please ask if you have anything at all bothering you.

Tips for a happy day at sea

- When you're not on watch, catch up on sleep.
- If you get wet, change to dry clothes as soon as possible.
- Avoid getting hangry or over eating - find a happy medium!
- Stay hydrated - Bring a water bottle
- If you're feeling sea sick or homesick, tell someone and have a chat and time for you.

The captain is the head of the ship and his crew are very approachable and helpful if you want any support or have any questions. The first few days, when you might feel like you know nothing or can't remember what you're learning, be kind to yourself!! It takes time to settle into life on board. Nobody expects you to know what to do straight away. If you find a certain job that you'd like to try, let the crew know. This trip is for you to have your best sailing experience and the crew want to help make that happen. Make friends with them, be helpful and become part of the team. Enjoy!!!

