

Hi everyone!

2020.03.24

Our normal days have been interrupted and our routines are all out of sorts. Here is a bit of experience from someone who knows what's it like to be looking at the same old scenery day in and day out.... The gentleman who wrote the following was in the Navy and assigned to a submarine. Here's some of what he has to say.... (I did edit out some "salty" language, but left as much intact as possible, including spelling and punctuation).

ROUTINE: Life at sea is dictated by shifts and routines. You can tell what day it was by what was for dinner. Make a routine now, test it then write it down & stick to it. Divide your day up in to work (if home working) rest, exercise, meals, hobbies, etc. Do the same for kids.

PRIVACY: The only place private at sea was your bunk. Make a dedicated private time / place in the routine. Even if you timeshare the front room get everyone a couple of hours alone. Do whatever you want: watch silly films, pray, arrange match sticks: whatever gets you through.

EAT: Scran (slang for food/meals) onboard were usually pretty good and broke up the monotony of patrols. Take time to prepare meals. A good mix of "feast & famine" will stop the pounds piling on - one boat did Steak Saturdays, Fishy Friday, Curry & Pizza nights. On other days soup & bread was enough.

EXERCISE: You'll have the advantage of not having to use a spinning bike in a corner. 20-30mins a day of whatever as a minimum. It's a natural antidepressant, breaks up the day and keeps you healthy. Get outside when able.

CLEAN: That house is going to get grungy now you're spending a lot more time in it. Put time in your daily routine to clean and stick to it.

CONNECT: Even during radio silence we still got a weekly telegram from loved ones back home. This was a weekly highlight. Keep in touch with your people. My current work have agreed a daily "coffee" catch up online even if there's no work to discuss.

PERSPECTIVE: Like all other patrols, this one will end. It's a crummy deal but better than dodging barrel bombs. Don't obsess the news or Twitter. Bring your world closer, focus on little things that you enjoy & make plans for the future. At least you should have a window!

Do your best, look after each other, and ask if you need anything.