## Sources:

Evolution Yacht Agents. (2023, August 9). *Nurturing the mental health of superyacht crew*.

<a href="https://www.evolutionagents.com/blog/nurturing-mental-health-for-crew#:~:text=Crew%20must%20achieve%20a%20healthy,up%20with%20the%20workdays%20ahead">https://www.evolutionagents.com/blog/nurturing-mental-health-for-crew#:~:text=Crew%20must%20achieve%20a%20healthy,up%20with%20the%20workdays%20ahead</a>.

Harris, G. (2022, September 11). Yachties: How to balance a dual season with life.

Superyacht Content - Social News for the Superyacht Industry.

<a href="https://www.superyachtcontent.com/superyacht-crew-lifestyle/superyacht-crew-health-wellbeing/yachties-how-to-balance-a-dual-season-with-life/">https://www.superyachtcontent.com/superyacht-crew-lifestyle/superyacht-crew-health-wellbeing/yachties-how-to-balance-a-dual-season-with-life/</a>

Healthdirect. (2023, March). *Work-life balance*. Healthdirect. <a href="https://www.healthdirect.gov.au/work-life-balance#tips">https://www.healthdirect.gov.au/work-life-balance#tips</a>

SuperyachtNews. (2022, March 8). Crew thoughts and trends. *SuperyachtNews*. <a href="https://www.superyachtnews.com/operations/crew-thoughts-and-trends">https://www.superyachtnews.com/operations/crew-thoughts-and-trends</a>