



## Handling Homesickness

- ✓ **Admit you are homesick.** Much of what you know and rely is at home. Homesickness is a natural response to this sense of loss.
- ✓ **Talk about it** with an older sibling or friend who has gone away from home. It takes strength to admit the fact that something is bothering you and confront it. Talk to other support personal on campus, such as student advisors, residence life staff or Counseling Services.
- ✓ **Don't try to bury the feelings** by drinking more, partying more, or having sex in an attempt to make the feelings go away.
- ✓ **Bring familiar items** from home to your new location. Photos, plants, even stuffed animals help to give one a sense of continuity and ease the shock of the new environment.
- ✓ **Enjoy comforting, fun things** such as movies, exercise, music, etc., etc.
- ✓ **Keep in touch with the people back home** but try to avoid highly frequent telephoning. Write them reports of your activities and new experiences. Let them know that you would like to hear from them too.
- ✓ **Plan a date to go home and make arrangements.** This often helps you focus on your goals in staying.
- ✓ **Examine your expectations.** We'd all like to be popular, well dressed, well-organized, and well-adjusted. Be careful not to set a goal of perfection this is the most predictable way of creating disappointment.
- ✓ **Realize that new situations** take time getting used to and that one longs for (for awhile) what is familiar.
- ✓ **Seek new opportunities:** New opportunities are scary, but also present the chance to meet new people and experience things that may not have been possible for you if you had remained in the more familiar environment of home.
- ✓ **Do Something:** Don't wait for the feeling to go away by itself. Talk, get help, get active, invite others to explore with you.