

## HOME SICKNESS

Moving away from home is often difficult! No matter how you felt about your parents, your home or your home town, moving to a new place is a MAJOR TRANSITION!

Think about all the NEW things you're doing and all the CHANGES you've made!

- You may be living in a new town or state
- You may be living with someone you don't know
- You may be "on your own" for the first time without your parents
- You may be managing your finances for the first time
- You may be adjusting to college classes for the first time

All of these changes can create STRESS and HOMESICKNESS!

WHAT IS Homesickness?

\*Homesickness simply means that you miss people, places, things, and your old life! It may also mean that you're having a hard time getting adjusted to the people, places, things and schedule in your new life.

\*You can be homesick even if you are also REALLY HAPPY AND EXCITED to be where you are now. Both can be true!

\*You can be homesick even if you REALLY WANTED TO GET AWAY from your old life! You can miss things you never thought you'd miss!

HOW does it feel to be Homesick?

\*You may have many different feelings that are a result of being homesick. Here are some common ones.

- Sadness
- Wanting to isolate from others
- Thinking about "what life used to be like"
- Feeling hopeless about adapting to your new life
- Feeling scared!
- Feeling physically sick
- Loss of appetite
- Feeling negative about anything NEW (your new schedule, new people, new places)
- Feeling lost or without a sense of direction in your life

THINGS That DON'T HELP when you're Homesick

\*DON'T judge yourself for having feelings of homesickness. IT DOESN'T MEAN you're not grown up or mature. Homesickness has nothing to do with age.

\*DON'T isolate yourself. Being around new people will help you begin to integrate into your new life.

\*DON'T judge yourself for mistakes you make early in being away from home. Everyone needs time to learn how to manage finances, do their laundry and find their classes on time. These are not reasons (in and of themselves) to go back home.

\*DON'T place high expectations on yourself to adjust immediately! There is not a "normal" time period to get over homesickness. Everyone has a personal time period of adjustment.

#### THINGS That DO Help When You're Homesick

\*DO talk to others. Talk to both new people and to people from home (friends and/or parents) about how you're feeling. Trusted people from home may remind you of your strengths and of good times. New people to campus may be able to identify with how you're feeling and also will help you integrate into your new environment.

\*DO comfort yourself. This can mean eating foods that remind you of good times at home, going to places you enjoy, and generally treating yourself well.

\*DO self care