



ASSIMILATION

With new faces and surroundings comes confusion and uncertainty. Starting something new always has its difficulties and can make you question whether or not you are making the right decisions. In time, you will feel perfectly fine, but here's some insight on why assimilating to a new way of life can be a challenge.

WHY IS IT SO HARD?

Change doesn't come easy. There are some days you love the idea, while other days you wished things had never changed. That's ok. Just remember there are 2 components of change that can affect you.

Situation - New setting, new people, learning where everything is etc.

Process - The psychological process of adapting to your new circumstances.

Identifying the root of the problem will be beneficial. Ask yourself- 'what am I finding so hard? And why?' Finding out where the problem lies can help you in taking the first step in overcoming it.

- Give yourself some time. It's natural to a few weeks or even months to get used to your surroundings.
- Don't change everything all at once. Try to keep some things in your life the same during the transition phase.
- Be active in meeting new people. Most are going through what you are going through and are very open to the idea of making new friends.
- Allow yourself the right to talk about your feelings. Bottling up these emotions will only add to your isolation.

Growth only happens through change! Be positive!

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