



## **HOMESICKNESS**

A common feeling many have when leaving one place for another is homesickness. For some, the longing for home can have a large effect on their feelings. First things first, this is a very common occurrence and perfectly understandable.

### **HOW DOES IT COME ABOUT?**

For some, homesickness comes when moving away from home into what can seem like a more daunting, less comfortable environment. For others, it's attempting to move past friendships or relationships that no longer exist the way that they used to.

Either way, the emotions are real and can be evidenced in a number of ways including anxiety, depression, lack of motivation, thoughts of home, loneliness and a general feeling of 'not belonging'. The danger of these types of feelings is that it can lead to isolation and prevent you from making new friends and enjoying your new adventure.

Here are some quick tips to help you along your journey:

- 1) Acknowledge and accept that you are homesick. It is a normal response and it's important that you understand that.
- 2) Talk to a friend who has moved away from home or moved on from a relationship and share your experiences.
- 3) Stay in contact with the people that you miss. Do not disconnect if possible.
- 4) Bring pictures or items that remind you of home with you.
- 5) Be okay with taking the necessary time to adjust to your new life.
- 6) Don't isolate yourself. Get involved in activities. This is a great way to gain a sense of belonging.
- 7) Familiarise yourself with your surroundings. Become comfortable with 'the new'.

- 8) Start a journal. It can be therapeutic to write down your thoughts and feelings
- 9) If possible, plan a date to go home or for people to visit you.

The transition period you are in becomes easier as you adjust to your new environment. Give yourself time. Meet new people. You are not alone.

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