

HOMESICKNESS

Homesickness is distress caused by being separated from home. Most of us, at one point or another, have missed home - the familiar, predictable atmosphere where we have spent much of our time before coming to college.

SOME OF THE COMMON SYMPTOMS INCLUDE:

- ◆ Feeling sad, down, or depressed.



- ◆ Grief over loss of familiar surroundings.



- ◆ Withdrawing from or avoiding other people.

- ◆ Wanting to stay in or being afraid to leave your room.

- ◆ Feeling nostalgic about things that remind you of home.

- ◆ Being easily irritated by new things, or things that you are done differently than how you are used to.



DEALING WITH HOMESICKNESS



◆ Understand that your feelings are normal.

- It is common to feel uncomfortable with new surroundings and wish to be back with the familiar people and places of home. These feelings are part of your adjustment and will fade.

◆ Make your space your own.

- Bring some of the comforts of home to your new place. That can include pictures, decorations, or a favorite blanket or pillow. The more familiar your surroundings are, the more comfortable you'll feel.



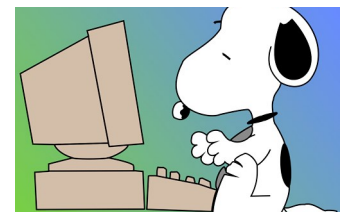
◆ Get involved on campus.

- There are a lot of activities on campus, especially within the first few weeks. Find some that interest you and dive in! They will keep you busy and give you the chance to make new friends.



◆ Keep in touch.

- Snaps, Instagram stories, Facebook messenger, WhatsApp, texts, emails...all good ways to stay in touch with family and friends back home.



◆ Talk about it!

- Even if people aren't talking about, a lot of students share your feelings. Say something to roommates, your RA, new friends, and therapists at CAPS to learn how to process some of your feelings.

