

## **Coping with Homesickness**

**Homesickness:** The feeling of homesickness can occur when we leave a place that has been called “home” in our life. It may occur right when the move happens, or even weeks/months after we’ve left home. Research shows that anywhere from 70% to 94% of first year students will experience homesickness, so it is incredibly common and normal to experience. Often when we feel homesick, we worry that we are the only ones who feel this way and can easily assume that others are having an easier time adjusting. Remembering that there’s a strong likelihood that others can relate can make feeling homesick a little easier. Another important piece about homesickness is that, with time and healthy coping skills, it will likely pass and you will start to feel more adjusted to your new environment.

### **Signs/Symptoms of Homesickness:**

- Sadness
- Depression
- Grief
- Low energy and motivation
- Wanting to isolate
- Pessimism
- Reminiscing or hyperfixating on the past
- Worrying you made the wrong choice for college
- Tearfulness and constantly missing home

### **Quick Coping Tip/Strategies**

- Normalize and validate it - remember that you’re not the only one!
- Establish a routine - go to class, keep up with schoolwork, engage in self-care
- Get out of your room!
- Figuring out creative ways to reconnect with home (like finding food that tastes like home).
- Plan phone or video calls to people back at home.
- Get involved on campus - find communities or activities that you enjoy.
- Resist the urge to visit home every weekend.
- Don’t compare yourself with others - limit your social media!

To learn more about how to cope with homesickness, make sure to attend the “Coping with Homesickness” Life Hack!