10 Tips For When Are Homesick

1.) ***Meaningful objects***
Bring objects from home that have personal meaning to you (pictures, letters, etc.)

2.) ***Get Involved***
Attend various activities on campus/join clubs or organizations (Social/academic/service oriented/environmental, etc.)

3.) ***Lessen your stressors***
Try NOT to get behind in school work and avoid doing things in excess!
(Sleeping/drinking/eating/sex/TV/computer time, etc.)

4.) ***Socialize***
Find people/groups where you feel comfortable and take risks to make new friends in other areas.
"*Take the plunge*" initiate a conversation with someone new.

5.) ***Talk with a friend***
Being able to vent how you feel is very helpful and you would be surprised how many people feel the same as you do.

6.) ***Be nice to yourself***
You're really the only person taking care of yourself here- so DO IT WELL!
(Eating healthy/exercise/socializing/relaxation time.)

7.) ***Allow time to grieve and to experience joy***
It's okay to feel sad sometimes. It's even better to be able to laugh out loud.

8.) ***Keep a journal***
Writing down your thoughts and feelings is a wonderful way to help you cope.
(Call it "*your grateful journal*.")

9.) ***Structure private time for yourself.***

10.) ***Maintain contact with family and friends back home.***
Set specific times when you will have contact; set specific plans for what you will do when you get home; and be creative in your ways of communication (Email, collect calls, hand written letters, postcards, cell phone.)

http://www.ecampustours.com/campuslife/yourfreshmanyear/overcominghomesickness.com