



ASSOCIATED STUDENTS, INC. California State University, Los Angeles

Managing Homesickness by Thea Monyee-Winkler, LMFT, CAPS

HOMESICKENSS: Experiencing a longing for one's home during a period of absence from it.

SYMPTOMS

- Constant thoughts of home
- Anxiety
- Lack of motivation
- Dysphoria/Unable to enjoy
- Irritability
- Loneliness
- Isolation
- Missing things associated w/home
- Emotional/Tearful
- Negative outlook
- Sadness
- Longing for a connection
- Fearful

COPING STRATEGIES

- It is normal!
- Prepare yourself for an adjustment period
- Talk about how you are feeling with others
- Bring items of comfort from home
- Remember you are here to have an experience to share with those back home
- Journal
- Be kind to yourself

DON'T ISOLATE

- Isolation exacerbates symptoms
- Talk about how you are feeling
- Remember you came here to connect
- Interact with people from the country
- Record a video message to self of your experience

PREVENTATIVE MEASURES

- Leave Love Notes for Loved Ones
- Bring Love Notes from Loved Ones
- Write Yourself a Letter to Remind Yourself Why You Chose This Experience
- Identify someone who feels like "home" now, so you can go to them when you need comfort on the trip
- Set Personal Goals for Yourself
- Download WHAT'S APP to stay connected
- Journal