

# Dealing with Homesickness

Homesickness is the distress caused by being away from home and close family members. Students who feel homesick are preoccupied with home and things that they have been much attached to, which can make them feel stressed and anxious. e.

Following are a few ways to deal with homesickness:



## 1. Acceptance

Understand that living away from home is going to be challenging. Acceptance will make you feel less worried.



## 2. Remind Yourself of your Purpose

While you feel unadjusted and stressed in a new environment, remind yourself that you are here because you have an opportunity to study in a prestigious institution.

## 3. Bring some of the 'Home' with you

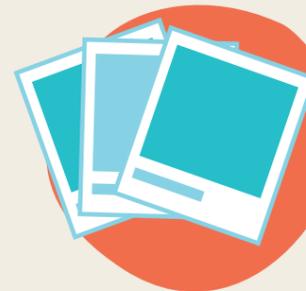
Bring some photographs of your family members or things that you are emotionally attached to. This will help you feel closer to your family and home.

## 4. Personalize your Hostel Room

Set up your hostel room with the things you like. Make it comfortable for you to stay in.

## 5. Learn Being Independent

While staying away from family is tough, but think of it as an opportunity to learn to be independent.



## 6. Explore your new environment

Explore the new environment that you are in. Get familiar with its culture, language and even different foods. Embrace the difference that it offers. It will add to your memories when you will finally go back.

## 7. Make new friends

Develop new friendships. Friends can be a major support system while you feel sad or miss home.

## 8. Get Involved

Participate in student societies. Get involved in organizing activities so that you can use your time and energy in productive things. This will make you feel like you belong in the new environment.

## 9. Seek Support

If you still feel very stressed and cannot deal with the demands of a hostel life, feel free to share with your guardian or contact the College Guidance office.

