

How to Cope with Homesickness

- Homesickness is natural when you have moved away. Tell yourself that it is part of the transition process and that you need to give yourself time to adjust.
- Introduce yourself to classmates and try to make new friends in the first couple of months (e.g., join local clubs or societies, or volunteer with local community organizations).
- Remember that many other students will be experiencing similar feelings and that discussing feelings and coping strategies may help you.
- As you get to know new people, suggest going out to social events. Remember that it takes time to make friends.
- Try to get out even if you are feeling “down” or “low”; withdrawing or staying in your room may make matters worse.
- Talk with family members, and keep in touch with friends that you left behind.
- Bring familiar items from home to your new place.
- Get to know your Halifax.
- Talk to someone who understands. If you have not had a chance to make friends talk to the Student Support Counsellor.
- Be realistic about what to expect from College life and from yourself.
- Establish a balance between study, work, and leisure.
- Try to eat healthily and get enough sleep.
- Exercise regularly.
- Express your feelings or thoughts in a journal.
- Practice self-relaxation by, for instance, listening to music, taking a walk, meditating, etc.
- Use humor to keep perspective.
- If you find it difficult to carry out everyday activities, seek professional help.