

## FEELING HOMESICK?

Symptoms of homesickness can include nausea, sleep disturbances, mood swings (including crying and irritability), feelings of isolation, lethargy, lack of motivation, inability to concentrate on homework, and feelings of loss. To deal with homesickness, acknowledge the Transition Process, which has three phases:

1. THE END - having closure with leaving home, your high school, and your friends;
2. THE LOST FEELING - "Who am I? What do I want? What am I doing here?" (Feelings of uncertainty);
3. THE BEGINNING - The light bulb turns on! You start to enjoy this new chapter in your life.

Some suggestions for dealing with homesickness include:

- Stay connected back home with friends and family by sending letters, IMing, calling.
- Go to meals with others - new friends or a group from your hall.
- Create a comfortable environment in your room - make it feel like home.
- Get out and explore your new city of Richmond.
- Get off campus whenever you can. Take the shuttle to the mall, go to dinner, take a road trip to Dayton, Cincinnati, or Indianapolis.
- Limit time alone to prevent feelings of loneliness and sadness.
- Take time to reflect on your feelings by journaling.
- Continue with your hobbies or start new ones.
- Join a club, organization, or committee, or volunteer through EVE. Get involved!
- Listen to soothing music in the morning and before you go to bed.
- Exercise every day - go to the Wellness Center; run, walk, or bike around campus; or join a group fitness class.
- Remember that you will need some time to grieve the loss (even if temporary) of everything and everyone who is familiar to you.