# GUIDE TO HOMESICKNESS

for those working, studying, & living abroad

## Jam to music

Put on some familiar tunes that bring back great memories.

I listened to George Ezra.

### Make a call

Set up a time to chat with friends & family.

I had weekly calls!

# Create a routine

This creates stability and comfort throughout the unknown.

I had coffee each morning.

#### **Snacks**

Bring some of your favourite snacks with you and take a bite when you're feeling blue.

I munched on Doritos!

## Learn the language

Challenge yourself to learn one new word a day.

I used Duolingo!

Being in a new environment is exciting but can also be overwhelming at times. These little tips are here to help cope with their homesickness. Just remember it is a temporary feeling!