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Foreword

Feeling homesick is an absolutely normal experience. When you're away from home, life is full of unexpected experiences and hardships. You might be living away from home for the first time, feel anxious about meeting new individuals, or be worrying about finding a line of work. When you're in a new place and feeling a little anxious, panic may quickly kick in.

How do you stop that rising tide of desperation?



Missing Home

Ways To Cope With Homesickness No Matter Where You Are.

Chapter 1:

Signs Of Homesickness

Synopsis

So here you are. You've been looking forward to moving, to new freedom and responsibilities, to new individuals. And all of a sudden you're feeling sad and nervous. This isn't how you planned it.

Admitting it may be hard when other people seem to be so happy and together, but you're feeling homesick. How feeble! You're not alone. A few of the smiling people you see are actually feeling homesick, also.



What It Is

Almost everyone feels homesick at some time. Grownups encounter it when they move to new places or jobs. Homesickness is among the most common adjustment issues experienced by new students too. They're frequently surprised to discover how intensely they miss home, and they struggle to manage with the resulting emotions.

These emotions are induced by 2 basic experiences:

- ▶ Losing what is familiar, comfortable, and predictable (e.g., Individuals, places, functions, things)
- ▶ Adjusting to a fresh environment (with its own individuals, places, functions, and things)

Even when we have selected to move to a new place, we might feel homesick. We have to still adjust to fresh surroundings, so we might grieve the loss of the familiar, feel insecure without our usual sources of support, and find it hard to function as usual.

Basically, while we have physically left home, it might take more time to adapt emotionally. Humans by nature tend to resist change and fight to hold on to familiar surroundings.

A few think that homesickness is chiefly about adapting to new relationships. One person depicts it this way: “Suddenly, you discover that rather than being a central individual in a small unit with plenty of

peripheral activities and acquaintances, you've become an anonymous member of a four thousand plus community where you don't know anybody. You feel shaken and lonesome, and you long for the secure and the familiar.

Occasionally these emotions are totally overwhelming. Tasks that would commonly have been easy may suddenly seem quite a challenge, or even feel impossible without your common framework of support.”

It's crucial to realize that homesickness is a normal process. It's a time of change and a natural response to loss and adjustment. It doesn't in any event mean that we're inadequate or immature.

As a matter of fact, it may be viewed as a positive emotion, as it suggests that we're connected to a familiar and comforting place, to acquaintances, and to loved ones.

Feeling “homesick” might include:

- ▶ Feeling sad, lonesome, insecure, or as if we don't belong
- ▶ Crying
- ▶ Feeling remarkably anxious or upset about matters
- ▶ Being unable to get into a comfy routine

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