Managing homesickness / loneliness

sata CommHealth

Acknowledge and accept your emotions

Tell yourself that it is common to feel homesick and that it is a temporary feeling.

Write down your feelings in a journal to help you accept the emotions, or talk to a friend or someone you trust about your feelings.

Practice self-care

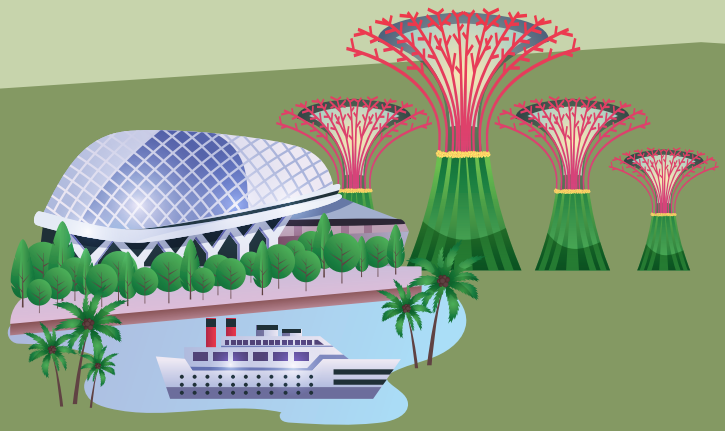
Maintain your mental health as priority, by doing exercises, getting enough sleep and taking regular rest breaks.

Cook familiar foods

Prepare food from home or find a local restaurant or food stall that serves familiar cuisine to bring a taste of home to your new surroundings.

Stay in touch with loved ones at home

Keep in regular contact with friends and family back home. Schedule regular calls or video chats.



Explore your surroundings

Get out and explore your new city or town. Make a list of local attractions to visit, take photos, and create new memories to help you feel more at home.