

Coping with moving home - Top Tips

Be patient

Everyone takes time to get used to a new environment, new people and new routines. Moving back in with your parents will feel different now that you have found your independence at University. This may cause concern for you, and for them but try to understand that they are adjusting too and the current epidemic is making most people anxious. Be patient and discuss any concerns with them calmly before it builds into a larger issue. Focus on the positives such as home comforts and spending time with those you care about!



Take care of yourself

Keeping basic healthy habits will make a huge difference: stay active, eat healthily and regularly, and ensure you're getting enough sleep. Exercise releases chemicals into the body that promote feelings of wellbeing, whilst eating well and staying hydrated can significantly boost your mental health. Remember to treat yourself at times too though! It's all about balance.

Take your time

There are a lot of unknowns at the moment and this may be having an impact on your ability to make decisions about what to do over the next few months. There is no rush to make any decisions about your future plans, everybody in the country is in the same position too.

It is important to remember that you don't have to have everything figured out straight away.



Learn what support is available at home

If you are struggling once back at home, make sure you are registered with a local GP in case you need an appointment. Most areas have their own version of Steps to Wellbeing, offering online, telephone and/or face to face support. You can find your local service via the NHS website:

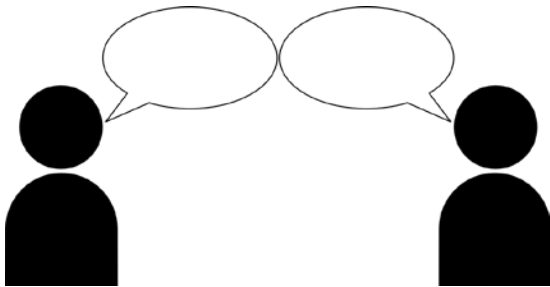
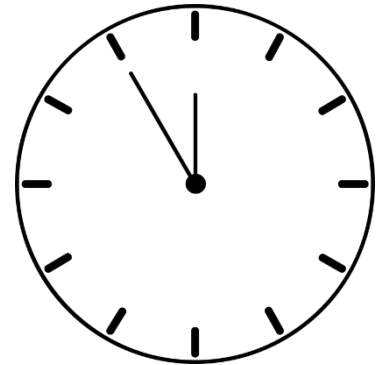
<https://www.nhs.uk/service-search>

You can also access Samaritans 24 hours, 365 days per year.



Don't compare yourself to others

Try not to compare your ability to adjust to those around you. We are all different and will do things in our own way. You don't need to know exactly how your studies will look straight away, there is time to figure things out. Remember that what others portray is not always a true representation of how they are feeling and what is happening for them.



Reach out and get involved

Motivating yourself gets harder the longer you leave it! Login to some of the online services available, such as online workouts, book clubs etc. Make online plans with your friends to give yourself some nice things to look forward to. Keep in touch with people from University too, such as your PAT and checking Blackboard, but give yourself time to settle in back at home.

Congratulate yourself!

Facing change and the unknown is difficult for anyone, and it is natural to feel anxious and emotional at first. These are unprecedented times and the constant change can be unsettling.

You should take pride in your initiative, resourcefulness, and determination to manage to continue your studying at home!



Myths and Facts about moving home

Myth: Other people are excited about moving home.

It is completely normal to feel anxious about change and most people feel this way, even if they don't show these feelings. Talking about it will help and will probably lead to you realising that you and your friends are all nervous. Change can be scary but it can also be exciting. Think how nervous you were about starting University and now look at how much you have achieved, and will continue to achieve in the next few months whilst studying at home.

True: Talking about your worries will help.

Talking about feeling anxious will not make it worse. Talking provides an outlet for feelings to be expressed and creates an opportunity to share experiences and learn coping strategies. Talk to someone you trust about how you are feeling, such as a close friend, family member, or email Enabling Services on **enable@soton.ac.uk**

Myth: Other people have their studying from home sorted straight away

It may seem like some people have everything sorted already but it doesn't mean everyone does, we all have different hurdles to jump to set up studying from home. Everyone's home and family set up is different, so it is good to take your time and decide on a plan of how you will study best in your new environment.

True: Most students will take time to adjust to moving home.

It is important to realise that you are not the only one missing University. This is a normal part of experiencing change, especially when it has been sudden and unexpected. Getting through these difficult feelings will help you develop skills to cope with similar situations in the future. Try to plan some time Online with friends to give yourself some things to look forward to.

Myth: My parents don't understand that I am independent now.

Believe it or not, your parents were young once too! They may just need some time to adjust to the independent you. Maybe, use your new found independence in a positive way to help around the house- through offering to cook some meals or do some cleaning. Making lots of noise chatting Online at 2.00am on a weeknight probably won't go down very well!



Who to talk to about moving home

University Support:

Enabling Services

Enabling Services are still open however our phone lines are not being monitored.

If you would like support please email: **enable@soton.ac.uk**

If you are facing significant difficulties or dealing with a crisis, please

email: **Firstsupport@soton.ac.uk**

Student Life

The Student Life Team are dedicated to supporting student wellbeing and enhancing the student experience. Available 24 hours a day, seven days a week, Student Life support all University of Southampton students. Contact Student Life by emailing them at **studentlife@soton.ac.uk**

Advice Centre

Advice Centre: the Students' Union Advice Centre aims to provide all students at the University with free, independent, confidential advice and representation in a friendly, relaxed environment. You can contact the Advice Centre via email or phone, for details visit: **susu.org**

Back at home:

Samaritans

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. They're there round the clock, 24 hours a day, 365 days a year. Call them for free on 116 123 or email **jo@samaritans.org**.

Your GP

Make sure you are registered with a GP once you return home. They are a good first point of contact if you are struggling. You can also access your local Steps to Wellbeing (IAPT) service by going to the NHS website:

<https://www.nhs.uk/service-search>

Apps and online support

The NHS has an apps Library that contains a whole host of wellbeing apps.

The Mind website also contains a section to find local services that they offer: **<https://www.mind.org.uk/information-support/local-minds/>**

