

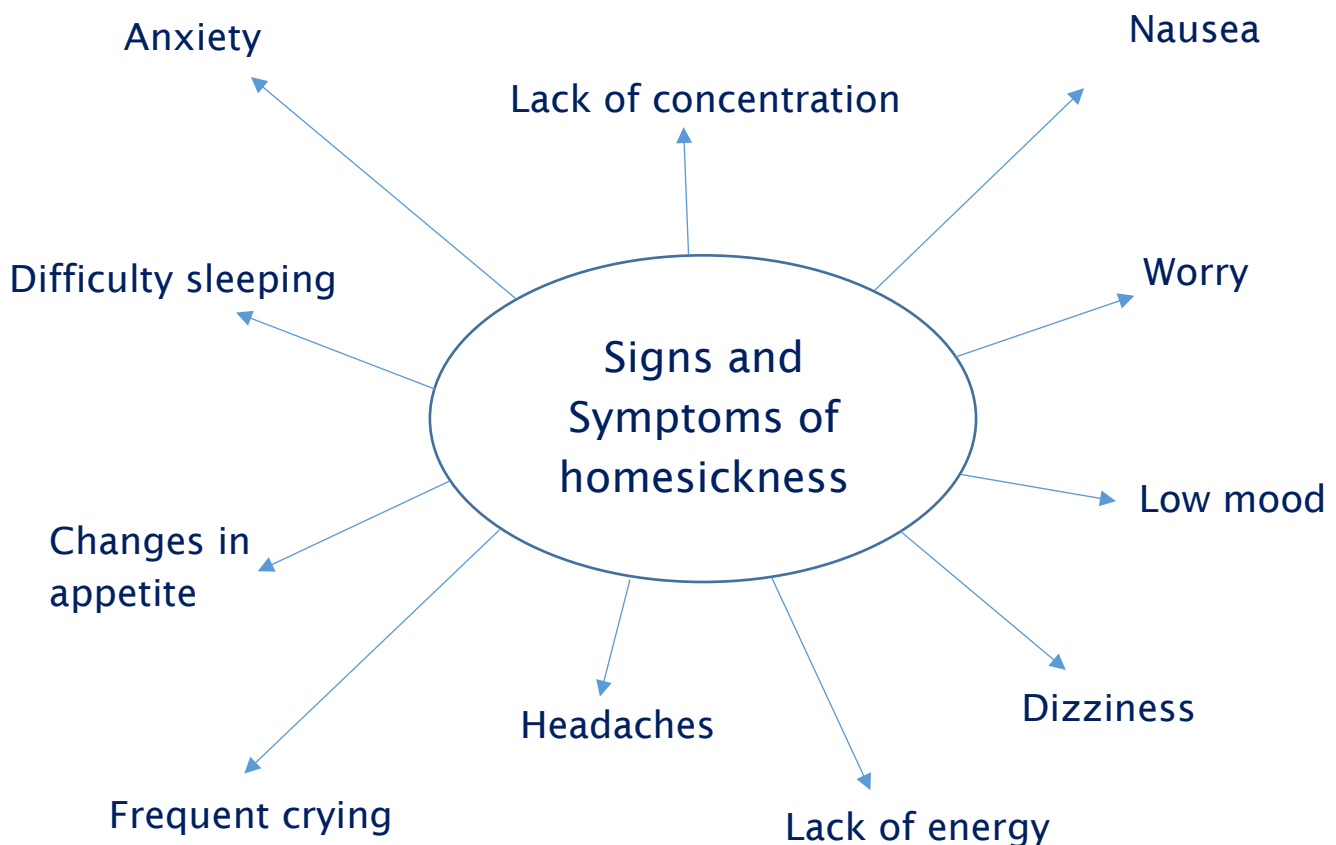
What is Homesickness?

“Experiencing a longing for one’s home during a period of absence from it”
- Oxford Dictionary

“It can be as simple as the stress caused from a break in regular routine”
- BBC

“...the distress or impairment caused by an actual or anticipated separation from home”
- Wikipedia

“Missing people and things you usually have around you. You might feel like a duck out of water.”
- NHS



Myths and Facts about Homesickness

Myth: Homesickness lasts around four weeks.

Homesickness can last a few days, weeks, or even months. It depends on the individual and circumstances. Although in most cases the feelings pass or improve within a few weeks, it can sometimes last longer. Just remember – support is available and you are not alone in feeling this way.

True: Talking about homesickness will help.

Talking about feeling homesick 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 someone from the Student Support Hub.

Myth: As soon as you feel homesick, you should visit home.

Many students feel that they want to go home when they feel homesick, but often this can make the feelings of missing home more intense. Try connecting with people at home via video call instead – this can feel much more personal than texting.

True: Most students will feel homesick.

It is important to realise that you are not the only one feeling homesick. Homesickness is a normal part of leaving home or experiencing change. Getting through these difficult feelings will help you develop skills to cope with similar situations in the future.

Myth: Homesickness is only something that young people get.

Homesickness is something that anyone can experience. It's normal for people of any age to experience some anxiety or sadness when they are away from home. The symptoms and feelings can be the same, regardless of age.

True: Homesickness can mean missing places, people, routines, and pets.

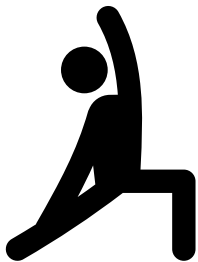
Sometimes homesickness is about missing part of the life you left behind – not just people and places. You can be missing anything that you regard as normal, such as routines, food, pets, hobbies and interests.



Top tips for coping with Homesickness

Be patient

Everyone takes time to get used to changes to routines. Be kind to yourself and try not to judge yourself harshly if things aren't happening straight away. This is an opportunity to develop your emotional awareness by having space to identify what you are feeling and why. You aren't just learning what's on your course, you are learning how to live independently too!

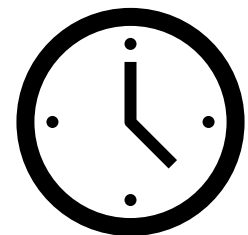


Take care of yourself

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!

Take some time for yourself

Setting aside some time to relax can help you reflect on your new experiences and better understand how you are feeling. Designate some "me time" to do things that make you happy, such as reading, writing, exercising, watching a movie, painting etc. You could also consider making some time to learn a new skill such as cooking or a language. This is a great way to nurture a positive view of yourself – by focusing on your positive aspects.



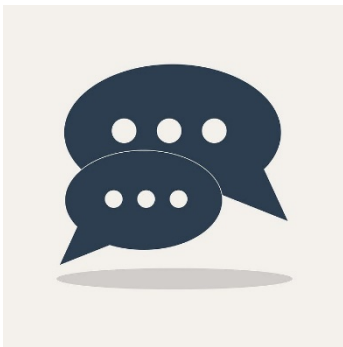
Focus on home comforts

Get out any items that remind you of home, such as photos or decorations, and spend time looking at these or put them out in your room. These can be comforting – especially if they are familiar items from your own room at home. If you have any favourite recipes that your family make, ask them to send you the instructions so you can try them yourself and have a taste of home.



Reach out and get involved

Join events and activities that interest you – this way you'll find others who share your interests and it will be easier to get chatting. Whilst it isn't always easy to meet new people, lots of students will be in the same position and will be happy to make friends. Keep in touch with people from home too, but give yourself time to settle in before visiting as it may make your homesickness worse.



Access support

You might wish to spend some time look through self-help resources to learn some techniques to help with your wellbeing.

Sometimes it can help to talk things through with someone, especially if the way you are feeling is affecting your studies or your university experience. Contact the [Student Support Hub](#) for more information about support, or visit the [Want to Talk to Someone](#) page.

Congratulate yourself!

Facing change and the unknown is difficult for anyone, and it is natural to feel anxious and emotional at first. It takes a lot of courage to try new things, especially when you are away from your usual support network. You should take pride in your initiative, resourcefulness, and determination!

