



*Feeling
Homesick?*





Homesickness?

home·sick·ness

'hōm,siknəs

noun

a feeling of longing for one's home during a period of absence from it.



What To Do?

1. Limit Social Media! Life will always go on at home, and if you keep checking, then you are going to miss the life that is going on here! Stop focusing on what is happening at home and make this place your home.

2. Make a "Bucket List"

Remember why you came here. Remind yourself of all the things you want to accomplish this year.

3. Make your college family. Friends are the family you choose. Go to floor and building wide events! Go to campus events! Join a club!

4. Create a routine. Part of missing home is missing the normality of it, i.e. waking up to breakfast in the morning. If you make a morning routine, you will be more grounded.



**If you need more services,
Call the Counseling and
Psychological Services
(CAPS) and set up an
appointment:
415-422-6352**

5. Live in the present.
Focus on the here and now.
Don't focus too much on the past. This will distract you from enjoying the present.

6. Find something to look forward to every day. It can be something as small as looking forward to your favorite t.v. show.

7. Treat yo' self
You are a hardworking college student. You just finished midterms. You need to give yourself a break and allow yourself to enjoy yourself.