

**Student support**

# FEELING HOMESICK?

**THIS LEAFLET MAY HELP...**



**Everyone coming to university experiences a transition. Homesickness is a normal part of the process. We have some ideas on how to overcome some of the emotions that you are experiencing**



University of Essex

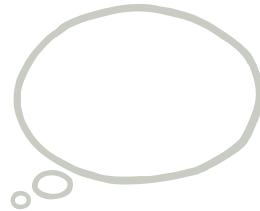
## You may feel:

- A lack of confidence
- Scared
- Isolated
- Angry
- Lonely
- Sick
- Unsettled
- Bad about yourself
- Unsure
- Confused
- Sad



## You may think:

- “I’ve got no-one to talk to”
- “Everyone else is fine, there must be something wrong with me”
- “I want to go home”
- “I hate my course”
- “I miss my family and friends”
- “I don’t fit in”
- “I’m never going to make any friends”
- “I’m so lonely”



## You may behave differently

- Sleeping too much / too little
- Avoiding people
- Drinking more / using drugs
- Eating more / less
- Can’t concentrate
- Frequently contacting home / not at all
- Staying in your room
- Not attending lectures
- Crying



## What can you do to help yourself?

- Be **kind** to yourself – listen to how you feel and accept your feelings
- Remind yourself these feelings are a **normal** part of a transition and they will - more than likely - pass soon
- Remind yourself others feel the same too – **talk** to people about how you feel
- Keep in contact with people from home, but also **get involved** with life at university – there are lots of clubs and societies available to you
- Establish a **routine** – structure often makes us feel safer and more secure – include activities from home that you enjoy
- **Look after yourself** physically – exercise, eating and sleeping well will all help to improve your mood
- If you have difficulties with your academic work, **contact** your department



If these feelings persist and stop you doing academic and social activities, please **contact** your doctor or the Student Support Wellbeing Team.



## Contact

Student Services Hub

T 01206 874000

E [askthehub@essex.ac.uk](mailto:askthehub@essex.ac.uk)

[www.essex.ac.uk/students/health-and-wellbeing](http://www.essex.ac.uk/students/health-and-wellbeing)

### Make an appointment

If you are feeling homesick and want to speak to somebody, visit the Support desk at the Hub and ask for a welfare appointment.

### Opening times

Monday to Friday – 9.00am - 5.00pm