

## **SUBJECT: A Smart Way to Manage Homesickness: Your Guide to Effective Techniques**

I hope this message finds you well. I wanted to reach out because I know how tough it can be to feel homesick, especially when you're navigating college life and all its challenges. First, it's important to remember that what you're feeling is completely normal. Many students experience homesickness when they start college. It shows how much you care about your home and the people there, which is a wonderful thing.

Here are a few tips that might help:

- 1. Stay Connected:** Keep in touch with family and friends from home. Regular calls, texts, or video chats can make the distance feel a bit shorter.
- 2. Get Involved:** Join clubs, groups, or activities on campus. Meeting new people and staying busy can help distract you from homesickness and make college feel more like home. Talk with one of our [involvement advisors](#) to learn more about what's going on on campus.
- 3. Create a Routine:** Establishing a daily routine can give you a sense of stability and normalcy, making your new environment feel more familiar.
- 4. Personalize Your Space:** Make your dorm room or apartment feel cozy and personal. Decorate with photos, favorite items, or anything that reminds you of home.
- 5. Stay Active:** Exercise can be a great way to boost your mood and reduce stress. Find activities you enjoy, whether it's a sport, class, yoga, or just taking walks around campus. Visit [Campus Recreation](#) for more information or [refer](#) yourself.
- 6. Talk About It:** Don't be afraid to share your feelings. You might find that many of your peers are feeling the same way and supporting each other can make a big difference. Bet there is another wildcat out there that can support you if it is or might affect your academics. Check out our [Integrated Success Coaching](#) program. Or, drop in at one of the Counseling Center campus locations where they offer [Let's Talk](#), where you can chat with a clinician about how you're feeling.
- 7. Seek Support:** If you're finding it particularly hard to cope, consider talking to a counselor or support service. They are there to help students through these kinds of challenges. Check out the TRACS homesickness support group at: ????
- 8. Mobile Apps and Technology:** There are numerous apps and digital tools designed to help manage anxiety triggered by homesickness. You have the strength to overcome homesickness, and these techniques are just the beginning. Explore what works best for you [WellTrack Boost](#), or [Stressbusters](#), or [Headspace](#).
- 9. Calm Your Mind:** Another way to deal with homesickness anxiety is through mindfulness and we provide training just for you. It's called [KORU](#) and is a wonderful way learn to calm and focus your mind.
- 10. Homesickness Video:** [How To Deal with Feeling Homesick \(3 Simple Tips\)](#)
- 11. University of Kentucky Homesickness Article** – Here are some [tips](#) that can help student and families.

Remember, this phase will pass as you become more accustomed to your new surroundings. You're on an exciting journey, and while it may have its tough moments, it also has the potential for incredible growth and new experiences.

Take care, and don't hesitate to reach out if you need someone to talk to. We are here to help!

If you'd like more information or resources, please feel free to reach out to us anytime via email, phone call, drop by or fill out this [referral form](#).

You've got this, and we're here to support you every step of the way.

*Warm regards,*

**TRACS Staff**

**Stop by!**

Located in the Gatton Student Center, East Wing, 3rd floor,  
to make an appointment. We are here to help!

[Directions to TRACS - GSC.pdf](#)