

Tips for Students Dealing with Loneliness & Homesickness

Once you realize you are lonely, don't turn inwards. Seek new connections and address the problem directly.

- Meet new people. Make it a goal to greet people you sit next to. Ask someone to grab some coffee or tea.
- Step out of your room. Do homework and hang out in common areas.
- Ask to form a study group that can meet outside of class.
- Go to your professor's office hours.
- Maintain a good relationship with your roommate. If there are unresolved issues, seek help from your RA or trusted friends.

Remain connected with healthy boundaries.

- Find a balance maintaining contact with home. Frequent calls or texts to family can often increase homesickness, but it's important to honor those connections. For example, call once or twice per week. You take the lead.
- If your family lives close to school, don't go home every weekend. Give yourself time to adjust to your new environment and make connections here.

Avoid unhealthy habits.

- Try to wake up and go to bed around the same time every day. Be mindful of not staying up too late or taking naps late in the afternoon.
- Be aware of how much time you spend playing video games, watching Netflix, and using social media.
- When you are sitting alone, stay off your phone. Just try it.
- Try not to skip meals or eat a lot of junk food, especially during stressful times.

Get more involved!

- Break up the loneliness with activity and structure. Put things on your calendar that you can look forward to.
- Find a group to join, such as intramurals, clubs, church, etc.
- Get a campus job or volunteer.
- Attend campus-sponsored outings such as hiking, trips downtown, or dances.

Seek help if things aren't changing.

- Make an appointment with a counselor if you notice negative thinking, persistent sadness, changes in sleeping or eating habits, difficulty concentrating, prolonged crying spells, or suicidal thoughts.
- The problem may not be homesickness, but possibly another issue under the surface that is coming up for you now. Meeting with a counselor can help sort out your feelings and increase coping skills. To make an appointment with a counselor, call the Health and Counseling Center at 503.943.7134.