**Mental Awareness and Homesickness**

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You’re in college experiencing the freedom of your long awaited independence. With this excitement comes a feeling of homesickness. Outlined below are some symptoms of these changes and ways to cope with them.

**Signs that you are Homesick**

* **Loneliness**
* **Stomachache**
* **Headache**
* **Depression**
* **Anger**

**Ways to cope with Homesickness**

1. Make your new place your new home with photos, furniture & etc; this reflects who you are.
2. Get involved with activities of interest on campus such as campus ministry, intramural activities, or any areas of interest.
3. Invite friends and family to stay with you for the weekend.
4. Keep a journal of some of the emotions you are feeling. Writing can be very therapeutic and a way to filter out some of what you’re experiencing.
5. Ensure you get proper rest. This will mean that you will have to manage your time effectively.
6. Eat healthy snacks throughout the day in between scheduled meals. Opt for nuts or apples instead of potato chips or french fries.
7. If you’re feeling depressed visit the VSU Student Health Center and we will assess you and may then refer you to the counseling center. Avoid alcohol during this time as this may make you feel sadder.
8. Take a multi-vitamin everyday to improve your physical and mental condition.
9. Get physical! Walking and other physical exercise increase endorphins which are natural pain and stress fighters.