

## Student Wellbeing

# Missing home



### **Missing the comfort of home? Do you feel lonely?**

Coming to university to study is a major life change and can take time to adjust to, regardless of what stage of your life you are in, or where you are coming from. Adapting to the university community, learning new rules about study, or making new friendships are challenges all new students face.

Some students may be living away from home for the first time, or living in a new place, away from their family or support systems. Unfamiliar people and places and being out of your regular routine can result in increased stress and anxiety and a feeling of being disconnected or homesick.

### **Here are a few tips to help you adjust to university.**

- 1** Whilst it is important to stay in touch with family and friends from home, take the time to make new connections where you are now. It's easy to get caught up in Skype, telephone calls or social media to stay in touch with what's happening at home at the expense of getting to know the new people and environment around you.
- 2** Develop a new routine for your new home away from home; new routines help people feel more in control of their life.
- 3** Try and exercise regularly, eat healthy regular meals, and get a good night's sleep. Looking after your basic needs is an essential part of maintaining a balanced and healthy lifestyle regardless of where you are living.
- 4** Continue to engage in activities you enjoyed at home. You might have played a sport, been part of an organisation or volunteered your time helping a cause that you were passionate about. Find a new group to join or get back into the activities you used to do.
- 5** Build on your skills by learning something new and fun that you may have been thinking about. For example, try a dance class, or learn a musical instrument. Learning a new skill will help you feel better about yourself as well as keep you distracted from missing the comforts of home.
- 6** Seek help and support from others and don't feel guilty about making your new home a home you love as well.

Missing home isn't a weakness; it's simply a reflection of your capacity to love and your courage to explore new beginnings.

### **Online resources**

#### **Uni Life at the University of Newcastle**

Check out events happening at uni to help you meet new friends

[www.newcastle.edu.au/current-students/uni-life](http://www.newcastle.edu.au/current-students/uni-life)

#### **This Way Up - Student Wellbeing Program**

A free online course with practical strategies for coping with stress and study.

[www.thiswayup.org.au/programs/student-wellbeing-program](http://www.thiswayup.org.au/programs/student-wellbeing-program)

### **Resources on campus**

The University has a number of clubs and societies catering to a range of interests. This may help you to develop a balanced lifestyle while at uni.

[www.newcastle.edu.au/clubs](http://www.newcastle.edu.au/clubs)



**Access support and more information**

**[www.newcastle.edu.au/counselling](http://www.newcastle.edu.au/counselling) or call (02) 4921 6622**

Produced by Student Wellbeing. Revised August 2023. CRICOS Provider 001093