

# Managing homesickness

Homesickness is the emotional distress or discomfort experienced when someone is away from home or familiar surroundings. It can affect students of all ages, especially when they are in new or unfamiliar environments, such as starting at a new university across the country or interstate.

## Common symptoms of homesickness:



### Emotional symptoms:

Watch the video on Imposter Syndrome on the MD Community Site 2023 – MDCOM MD Student Aspirations and Support Medical Student Support Resources to better understand how common this is and what you are dealing with.

- Sadness and feelings of loneliness
- Anxiety or nervousness
- Frequent thoughts about home or loved ones
- Mood swings and irritability



### Physical symptoms:

- Changes in appetite (overeating or loss of appetite)
- Sleep disturbances (insomnia or excessive sleeping)
- Headaches or stomach aches
- Fatigue and lack of energy

Homesickness is a common and natural reaction to being away from home. It's important to acknowledge your feelings and take proactive steps to manage them. Staying connected, establishing routines, and engaging with your new environment can help ease the transition.

Don't hesitate to seek support if homesickness is affecting your well-being.

The [Medical School Student Support Team](#) can provide you with confidential, personalised support, guidance, information, or referrals through face-to-face, phone or Zoom appointments. [Book an appointment](#) online or email [med.mss@uq.edu.au](mailto:med.mss@uq.edu.au).

## When to seek professional help for homesickness

- If homesickness persists for several weeks or worsens over time.
- When it significantly interferes with daily activities, or impacts your studies.
- If you experience severe anxiety, depression, or other mental health concerns.

## Seek support

Talk to a [UQ counsellor](#), check out the [Support options for Medical School students - Medical School - University of Queensland \(uq.edu.au\)](#), or reach out to the [Medical School Student Support Team](#), who can provide you with confidential, personalised support, guidance, information, or referrals through face-to-face, phone or Zoom appointments. [Book an appointment](#) online or email [med.mss@uq.edu.au](mailto:med.mss@uq.edu.au)



Seek support:  
Medical School  
Student Support



CREATE CHANGE

# Tips for managing homesickness

## Stay Connected with Loved Ones:



### Stay connected with loved ones:

- Regularly call, video chat, or message family and friends.
- Share your experiences and feelings with those you trust.



### Create a new routine:

- Establish daily or weekly routines to create a sense of stability.
- Include activities that bring comfort, like reading, exercising, or cooking.



### Personalize your living space:

- Decorate your living space with familiar items, such as photos or favourite objects.
- Make your environment feel cozy and welcoming.



### Get involved in the UQ Community:

- Join clubs, groups, or activities that interest you.
- Attend social events to meet new people and build connections.



### Stay active:

- Regular exercise can boost your mood and reduce stress.
- Explore the area around you by walking, jogging, or biking.



### Practice mindfulness and relaxation:

- Engage in mindfulness exercises, such as meditation or deep breathing.
- Focus on the present moment rather than dwelling on what you miss.



### Set goals:

- Set short-term and long-term goals to give yourself a sense of purpose.
- Celebrate small achievements to boost your confidence and motivation.



### Limit social media:

- Avoid excessive time on social media, which can lead to comparisons and increased feelings of homesickness.
- Focus on real-life experiences and connections with your peers in your learning community.



### Be patient with yourself:

- Understand that homesickness is a normal response to change.
- Allow yourself time to adjust and adapt to your new environment.



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