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How to Cope With Homesickness While Traveling

1. Plural Noun _____
2. Plural Noun _____
3. Adjective _____
4. Verb _____
5. Verb Ending In Ing _____
6. Noun _____
7. Noun _____
8. Verb _____
9. Verb _____
10. Plural Noun _____
11. Plural Noun _____
12. Verb Ending In Ing _____
13. Plural Noun _____
14. Plural Noun _____
15. Noun _____
16. Verb _____
17. Noun _____
18. Noun _____
19. Verb _____
20. Verb Ending In Ing _____
21. Pronoun _____
22. Verb Ending In Ing _____

23. Verb _____

How to Cope With Homesickness While Traveling

Introduction

Most people experience some degree of homesickness while traveling, even when they're away for brief periods of time. Homesickness does not have to ruin your trip; it can instead offer you an opportunity for growth and an enriched travel experience.

Instructions

Difficulty: Easy

Steps

Step

One

Carry pictures of _____Plural noun_____and _____Plural noun_____with you when traveling, even if you don't anticipate that you will be _____Adjective_____.

Step Two

_____Verb_____contact information for friends and family, even if you think you will not be _____Verb ending in ing_____in touch with anyone on your _____Noun_____.

Step Three

Recognize that homesickness is a natural _____Noun_____when you are separated from loved ones and familiar surroundings. Homesickness may never completely disappear, but you will find ways to enjoy the _____Verb_____ experience while remaining connected to your loved ones.

Step Four

_____Verb_____with your friends and loved ones before you leave about places they would be interested in seeing or gifts they would like you to bring back for them. Take photos or collect _____Plural noun_____during your trip that remind you of those you miss back home, and give these as gifts when you return.

Step Five

Create daily _____Plural noun_____that are nurturing and create a safe space away from home. Consider doing daily yoga, taking morning walks, _____Verb ending in ing_____in a caf and writing postcards or journal entries, etc.

Step Six

Establish a 'home base' such as a caf or restaurant. Get to know the proprietors, play with their _____Plural_____ _____noun_____or _____Plural noun_____ and find favorite items on the menu you can regularly enjoy.

Step Seven

Contact people that you miss via the _____Noun_____ letters or e-mail. _____Verb_____your feelings of _____Noun_____to them.

Step Eight

Keep a _____Noun_____ either to yourself or to a particular person you miss from home.

Step Nine

_____Verb_____yourself

in your new environment as much as possible, taking advantage of the opportunity to do and see things unavailable to you at home. Physical exercise such as walking or _____Verb ending in ing_____a bicycle can combat feelings of depression.

Tips & Warnings

* Be patient with _____Pronoun_____and appreciate the growth that will come both from _____Verb ending in ing_____ your horizons and from finding new ways to connect with and _____Verb_____those you have left behind.

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