

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

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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.