

## Some Advice:

**To quote Benjamin Button about coming home: "It's a funny thing about comin' home. Looks the same, smells the same, feels the same. You'll realize what's changed is you."**

- ✓✓ Accept that you have changed and that things are not going to be the same as when you left (and that's okay!)
- ✓✓ Don't isolate yourself.
- ✓✓ Take care of yourself physically as well as mentally: Maintain a healthy diet, including exercise. This keeps your stress levels low.
- ✓✓ Don't brood.
- ✓✓ Focus on how you are now better off from the experiences you had and what you have learned.
- ✓✓ Try new things. If you return to the same place a different person, redefine the place. Take up a new hobby, residence, sport, mode of transport.
- ✓✓ You may need to "rebuild" relationships, not merely "resume" them.
- ✓✓ Don't dwell on the past.
- ✓✓ Keep your memories alive – don't store them away in a shoe box. It wasn't a dream and it was important.
- ✓✓ Write down what you thought was great about the US while you were abroad.
- ✓✓ Use your cross-cultural skills to observe your own culture.
- ✓✓ Keep in touch with people you met abroad.
- ✓✓ Stay spontaneous. Be flexible and expect the unexpected. Remember that this helped you get through the difficult times abroad.
- ✓✓ Don't let failures in your home culture be any less a learning experience than they would have been while you were abroad.
- ✓✓ Continue to reflect on what you learned abroad.
- ✓✓ Look for the good in the present situation.
- ✓✓ Don't be upset if people seem indifferent to your experience abroad.
- ✓✓ Don't talk about what happened abroad unless your listener wants to hear it.
- ✓✓ Recognize that things at home have changed while you were away and respect those changes.
- ✓✓ Find people who want to hear about your experiences abroad.
- ✓✓ Rekindle the spirit of adventure you had abroad. Explore home.
- ✓✓ Meet up with people who have had similar experiences, such as other returnees or international students.
- ✓✓ Go out of your way to make new friends, just as you did abroad.
- ✓✓ Let yourself be sad and miss the people and places that you left.
- ✓✓ Give yourself TIME!

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