

+1 your
day with
these
tips

GUIDE TO MANAGING HOMESICKNESS

NAME THAT PAIN!

Say it out loud. Declare you are experiencing homesickness.

WHY? Stating you HAVE homesickness or sadness helps not let it DEFINE you.



BREATHE MINDFULLY!

Stop what you are doing.

Notice when you are breathing in, and then out. Pay attention as you take 10 breaths where the EXHALE is longer than the INHALE

WHY? Breathing this way calms your brain.

SPEND TIME IN NATURE

Participate in your hikes!

Look at a tree or a rock. Think about the hard times they have survived.

Share their power to make it through your pain.

WHY? Nature bathing calms your brain!!



CONNECT

Find 20 things that are similar to what you are missing.

Find someone else who misses home, but is able to manage while at camp.

DISTRACT YOUR WORRY BRAIN

Name 5 things you see.

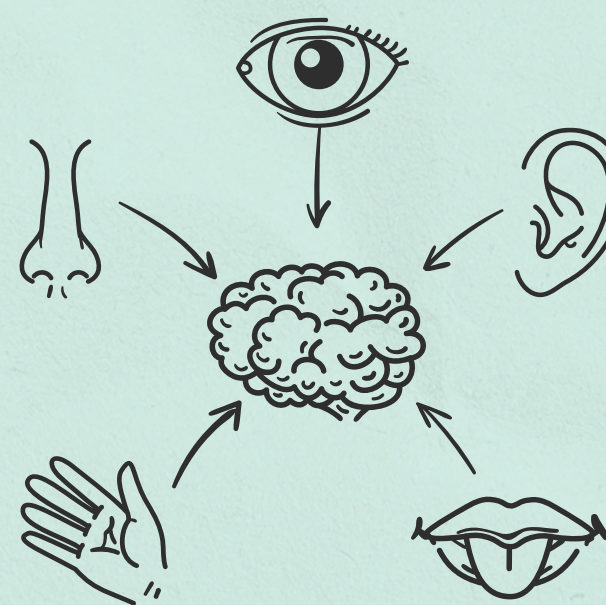
Name 4 things you hear.

Name 3 things you feel with your body.

Name 2 things you smell.

Name 1 thing you taste.

WHY? You can get stuck in your worries. This brings you back to the present moment.



It is also
NORMAL
to not miss
your home