



The break is over. You all are back in college. Some of you are probably already beginning to think about the upcoming semester, about the fact that you'll be leaving the comfort of home and the love and pampering of your parents. Are you beginning to feel a tinge of anxiety? There's a name for it - Homesickness, and in more extreme cases, separation anxiety.

Are you someone who tends to get either? It's ok, it's a part of growing up. Here're 4 tips on how to overcome separation anxiety :



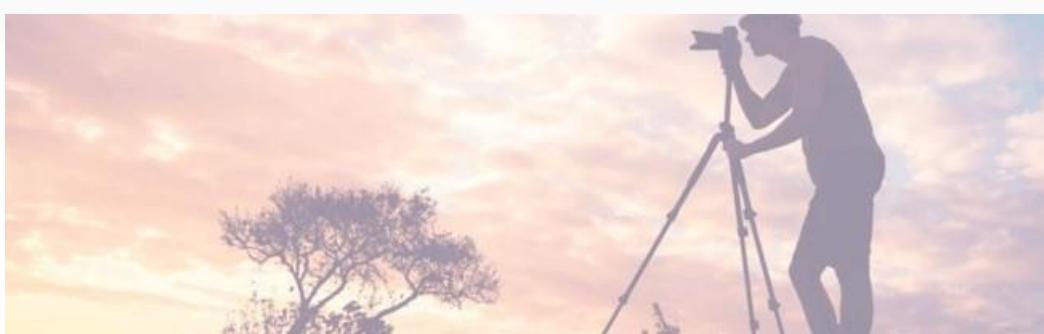
1. Acknowledge your feelings

You must realise that it's okay to feel this way. Homesickness is a normal feeling. It does not make you any less of a person if you miss home. So don't be hard on yourself. This will only stress you more. Also don't try to drown the feelings with alcohol, cigarettes, or any other substance.



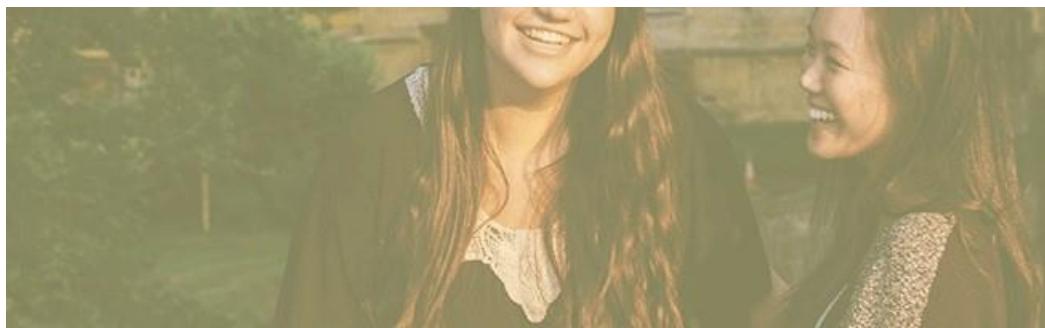
2. Call your parents once everyday

With mobile phones, connectivity is so simple now. It is always better to stay connected with family. Make it a point to get on a call at least once everyday with some member of your family. This will make you feel much better.



3. Indulge in your hobbies

What is more fun than investing some time in what you like doing? This will certainly help when you miss home.



4. Talk about it

Feeling separation anxiety coming in? Talk it out with either a trusted friend, close family member, or a professional Expert. Talking about anxiety not only helps us express it and get it out of our system, but it also helps in gaining support and motivation.

Leaving home is never easy. But you don't have to be alone even when away from home. Feeling homesick? Talk to one of our Experts

learn more tips to beat it -

CONNECT TO AN EXPERT
NOW

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com

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