

Tips for when you feel



- 1. Facetime.**
2. Talk to home friends! They can probably relate. See how they are coping.
- 3. Take a walk.**
4. Scents are powerful. Get a familiar scent, whether it's laundry detergent or a candle (if you are allowed to have them).
- 5. Go out to lunch or dinner with someone from your hometown that goes to your college.**
6. Weighted blankets and hot pads.
- 7. Hug your friends.**
8. Get off campus to distract yourself. Go to the mall, get your nails done, go out to eat, etc.
- 9. Find community in it. Others around you are most likely feeling the same way.**
10. If you can, have your parents visit or go home for a random weekend.