



## Washington Youth Challenge Academy

### **Coping Skills Strategies: Homesickness**

- ▶ Allow yourself time to adjust to your new environment.
- ▶ Be patient with yourself.
- ▶ Ask family, friends and mentors to send you letters and pictures of your favorite stuffed animals, things, etc.
- ▶ Write positive letters to yourself.
- ▶ Read books, write a poem and write in your journal.
- ▶ Focus on your short and long term goals.
- ▶ Focus on your academic, career goals and High School & Beyond Plan.
- ▶ Have realistic expectations.
- ▶ Explore your options.
- ▶ Talk to peers and cadre staff about your feelings.
- ▶ Have a plan.
- ▶ Use a daily task list to help you complete your home work assignments.

