

Living in a different country can be stressful, and every participant will experience some culture shock during the first weeks of internship or training. It's also common to experience these difficulties when returning home after the Program. This is normal and should be taken seriously. Watch for signs of homesickness and culture shock:

- Anxiety
- Depression
- Loneliness
- Tiredness
- Eating less
- Feeling sick
- Avoiding social situations
- Difficulty concentrating
- Insomnia

If you notice any of these symptoms, you might be experiencing culture shock or homesickness. This can have negative effects on your mental health. WFE has some advice for managing these effects:

Communicate

Talk to your family, friends, coworkers, and supervisor. Get in touch with people at home and socialize with people around you. Humans are social animals, and we feel better when we connect with others. Need to talk? Send an email to letstalk@worldwidefarmers.org. We'll keep your message confidential, and give you some extra support.

Observe and ask questions

The more you learn about your new environment, the more you'll understand. America is different from any other country in the world, and that is part of why Americans love it so much! Look deeper and you will find that there are wonderful people, places, traditions, foods, and special reasons America is the way it is.

Take a walk or visit somewhere new

Spend time outdoors. Look at where you are and try to remember why you're here. There is a lot to see and do, so take time to appreciate it!

Exercise or create something

Play a sport, draw or write in a journal, play an instrument, or cook your favorite food. Try to practice a hobby and do something you enjoy.

Laugh!

Your sense of humor can be a powerful weapon. Watch a funny movie, share memes with friends, and find humor in everyday life. Change your perspective to make everything look a bit brighter!

Be kind to others

Studies show that positive actions can improve your mood. Try to do something kind for a friend or stranger. It feels nice to help!

Be kind to yourself

Make sure to eat properly, get plenty of sleep, drink lots of water, and keep your goals in mind. You're investing in your future, and if you don't take care of yourself now, you won't gain anything.

REMEMBER: Growing can be uncomfortable. Stay positive—this experience will change your life!

Still struggling? Send us an email at letstalk@worldwidefarmers.org. Your message will be kept private, and we'll give you some extra support and encouragement.