How to support psychological wellbeing in change?

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Experiences of returning home

“It feels like life here at home has somehow stood still while so much has happened in my life. Other people are the same, but I've changed. “

“I've been a little lost since I came back. Of course it was fun to see all my friends again, but at the same time I felt I didn´t want to 'lose' the person I became when I was abroad. Part of me just wants to return. “

“I had high expectations for my semester abroad and it feels a bit like a failure and a disappointment that it didn't turn out as well as I thought. That everyone else seems to have been very successful does not make things easier. I don't want to tell what it was like for me. Still, it's nice to be back. "
Reverse culture shock

Sometimes it feels more stressful to come home to the familiar, than to meet a new culture

- Expectations: “This is not supposed to be difficult.”
- Tolerance: “You are exaggerating" and should "get over it quickly“
- Different perspective: “The culture doesn’t feel as obvious and unproblematic as it used to be.”
- Ambivalence common: “I’m having both negative and positive emotions.”
- Difficulties to adapt: “It took some time to adapt to my home country after exchange period.”

→ do you recognize yourself from these descriptions?
Returning home in exceptional circumstances

- It is normal to experience different kinds of uncomfortable emotions and reactions
- Be aware of your readjustment and give yourself time
- Share your experiences with others
- Are there experiences, new habits or skills you want to take with you to your everyday life at home?
- Stress and mental strain
How to cope and take care of your wellbeing?

- Stick to your daily routines
  - Share your ideas on helpful study-routines and enjoyable leisure activities with others!
  - What gives you joy and sense of meaning? What helps you relax?

- Focus on what you can control

- Stay in touch with family and friends in a safe way

- Remember self-compassion

- Seek professional help if needed
Discussion:

What could be the things that will help you when you get home? How can you support your wellbeing?
**Links**

- **Video** [https://www.youtube.com/watch?v=BmvNCdpHUYM](https://www.youtube.com/watch?v=BmvNCdpHUYM)
- **Tips for distance learning:** [https://guide.student.helsinki.fi/en/article/support-studies](https://guide.student.helsinki.fi/en/article/support-studies)
- **Resilience:** how we have the mental strenght in the middle of corona - recording is found on Think Corner’s website: [https://www.helsinki.fi/fi/tiedekulma/katso-ja-kuuntele](https://www.helsinki.fi/fi/tiedekulma/katso-ja-kuuntele) (keyword: ”resilience”)