



Feeling Off? Homesick? Lonely?

**Your No-Stress Guide to Handling
the Weird Feels
(Before They Spiral)**



College is exciting – but also a lot.

This guide helps you find fixes before the
doom-scroll or dining-hall bathroom cry.



Name It Without Shaming It

**Homesick? Anxious? Tired? Numb?
Name it. Don't judge it.**

- "I miss everything being familiar."
- "I feel like I don't belong."
- "I'm exhausted and I don't even know why."
- "I'm overwhelmed by how not okay I feel."

*The moment you name it, it gets smaller.
You don't have to solve everything today-
just understand what's going on.*





Start With the Basics (HALT Check)

Sometimes your brain is spiraling because your body is struggling.

Ask yourself: Am I...

- **H**ungry?
- **A**ngry or anxious?
- **L**onely?
- **T**ired?

Fix the one that applies:

- Eat something real (not just a Pop-Tart®).
- Text a friend or call someone safe.
- Drink water. Go for a walk.
- Take a nap, or just lie still with your eyes closed

Don't underestimate the power of a hot shower and fresh socks.





Connect

(Even When You Don't Want To)

Loneliness lies and says no one wants to hear from you. It's wrong.

- Call a family member or high school friend – just to say hi.
- Send a “hey, how’s college going for you?” text to someone from class.
- Join one small thing: club meeting, workout class, study group.
- Ask your RA or campus counselor what events are coming up.

You don't have to be best friends with everyone—just start with one “hey.”





Journal or Voice Dump (Let It Out)

Get your thoughts out of your head and into the world – even if just on paper.

- Try: “Today I felt...” or “What’s weighing on me is...”
- Use voice memos if writing feels like too much.
- Don’t edit. Don’t judge. Just empty the backpack your brain is carrying.

You don’t need to “figure it all out.” Just create space for your feelings to land.





Move Your Body, Change Your Brain

**You're not trying to "work out" your emotions
– you're just helping them move through.**

- Take a walk without your phone.
- Stretch. Dance. Do jumping jacks in your dorm.
- Clean your space. Make your bed.
- Go outside, even for five minutes.

*Motion shifts emotion. A little movement
= a lot of relief.*





Reset the Vibe

Sometimes you need to break the funk physically and mentally.

- Change your bedding. Open a window.
- Rearrange your desk. Light a candle or use essential oils.
- Put on your “I feel okay” playlist.
- Put on real pants and go sit somewhere different.
- Eat a favorite food (with happy memories)

*External chaos feeds internal chaos.
Shift one, and the other follows.*





If It's Bigger Than a Bad Day...

It's brave – not weak – to ask for help.

- Your college probably has free counseling services. Start there.
- If you're constantly crying, can't sleep, can't eat, or feel unsafe—talk to someone today.
- Use 988 for mental health support (free, 24/7).
- You're not broken. You're just human.

You don't have to be in crisis to deserve support.





Last but Not Least...

Feeling off isn't failure—it's part of the process. Growth is weird and uncomfortable and brave. You're adjusting. You're learning. You're not alone.

Give yourself permission to feel what you feel without apologizing for it.

This season will pass. Keep going.



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