

Navigating Mental Wellness Abroad



UNIVERSITY OF
OREGON

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WHAT IS STRESS?

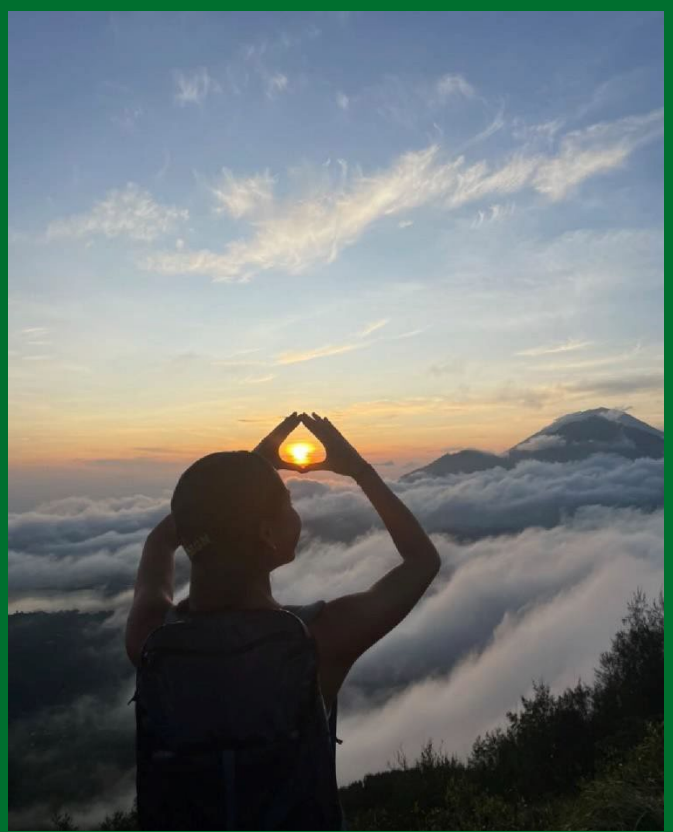




COMMON STRESSORS



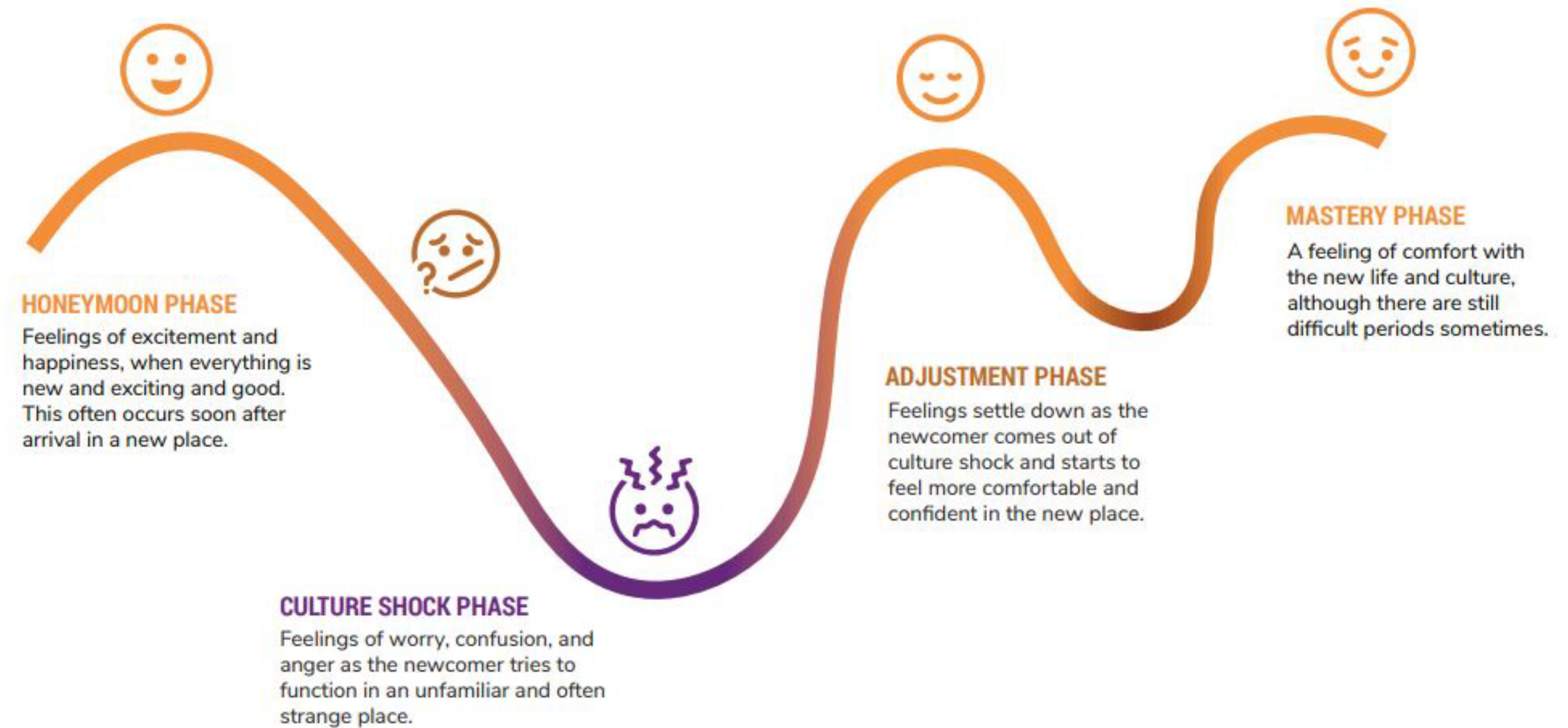
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Cultural Adjustment

U-CURVE OF CULTURAL ADJUSTMENT

The graph below shows the common phases of cultural adjustment that most people experience when moving to or visiting a new place. It is important to note that the length and intensity of each phase will vary, and that a newcomer may skip a phase altogether (such as those who plan to move on to another destination and do not go through the honeymoon phase) or go through the U-Curve, or portions of the U-Curve, several times.



What can cause Culture Shock?

- Different living conditions
- Different climate/weather
- Different social norms
- Different Classroom and/or Workplace norms
- **Newness Fatigue**



Symptoms of Culture Shock

- Fatigue
- Hyperirritability
- Loneliness
- Lack of motivation
- Anxiety
- Boredom
- Homesickness
- Feeling Ill/Physical aches





Tips to Overcome Culture Shock

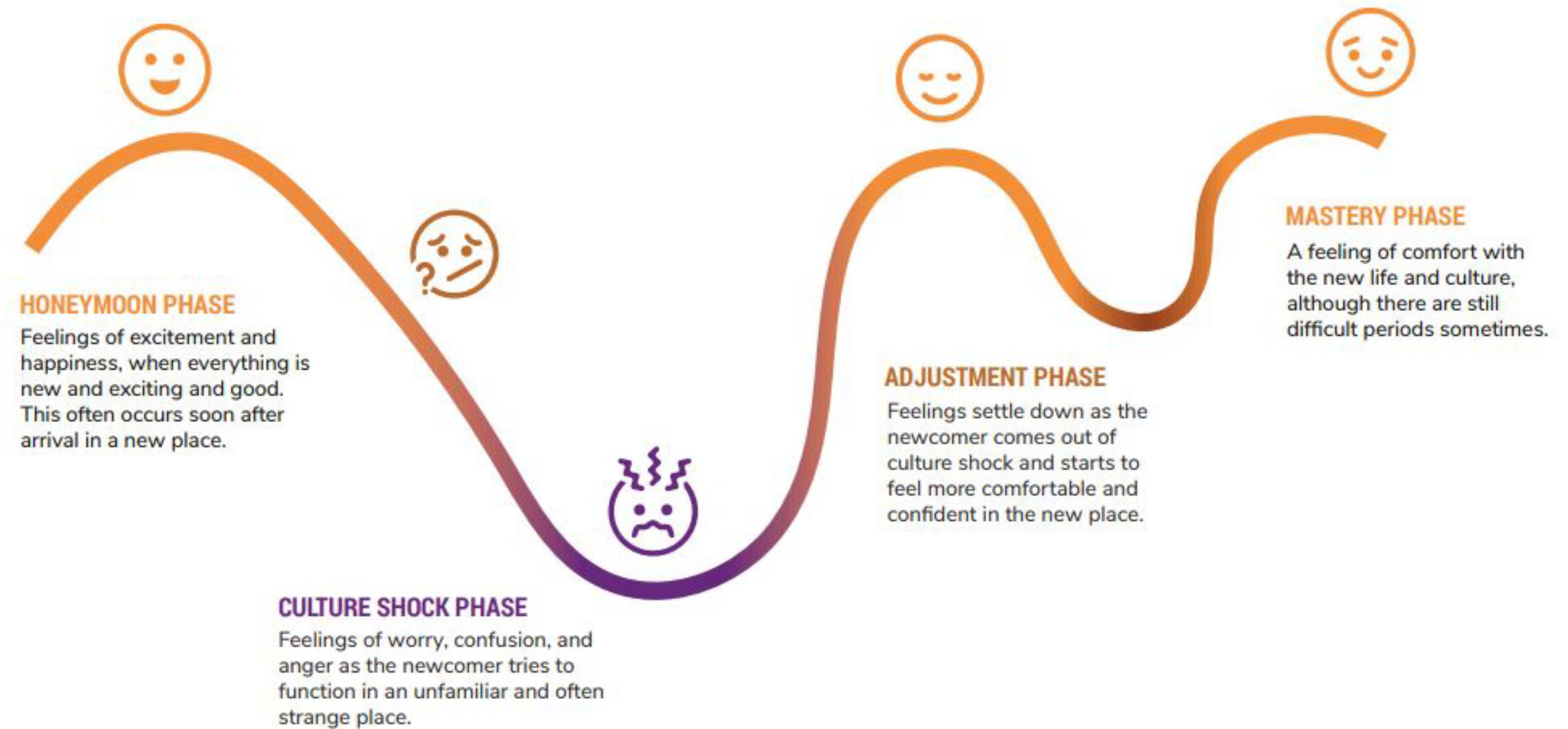
1. **Learn** about what to expect / say key phrases
2. **Share your experience** with someone / call home
3. **Explore** your neighborhood, try a new café or local shop, plan a trip
4. **Exercise**, go for a walk, etc. Be active!
5. **Self-care:** Journal, read, listen to music, continue hobbies



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Unexpected Challenges

EXPECTATION VS. REALITY



Housing Conflicts

HOST FAMILY AND/OR HOUSEMATES

- House rules
- Letting them know where you are
- Sharing food



PREVENTATIVE

- Talk about expectations

SKILLS

- Be open to hearing alternatives
- Remember your purpose
- Everything is temporary



Loneliness

- Feeling isolated because of identity
- Challenges connecting with others
- Being away from your built support system



PREVENTATIVE

- Find ways to get involved
- Ask your host family for ideas
- Get to know your community

SKILLS

- Advocate for yourself!
- Tolerate short-term discomfort



Getting Lost

- The downside of travel to new places
- City streets can be old and winding
- Cell phone signal can be intermittent
- Cell phone batteries die

PREVENTATIVE

- Notice landmarks
- Bring a backup charger

SKILLS

- Keep a cool head!
- Ask for directions





How can I reduce stress abroad?

DIFFERENT TYPES OF COPING STRATEGIES & TOOLS



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Grounding Techniques

- Breathing exercises
- Yoga
- Meditation
- Exercise
- 5 senses mindfulness



Emotional Release

- Dance party
- Cry
- Laugh
- Punch a pillow
- Talk to a friend
- Make art
- Journal



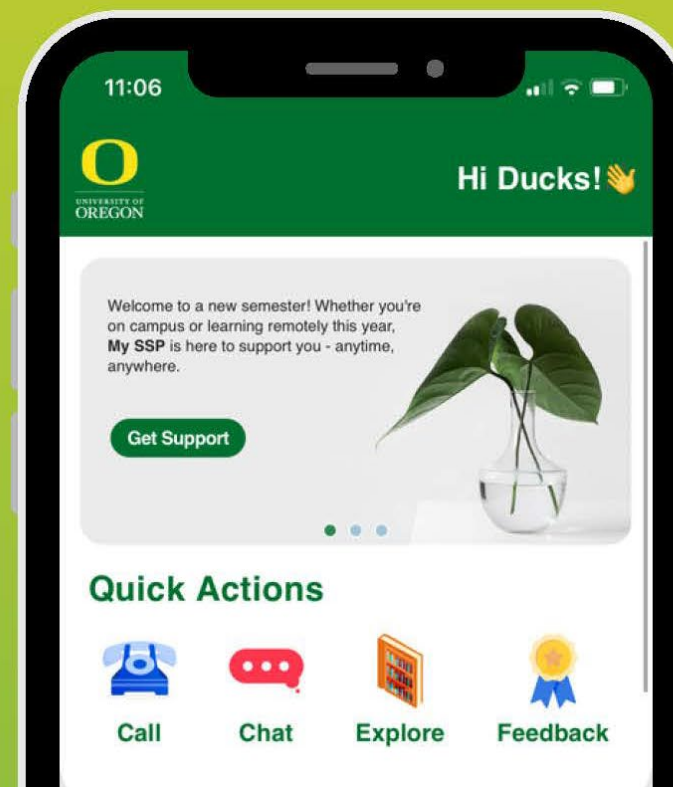
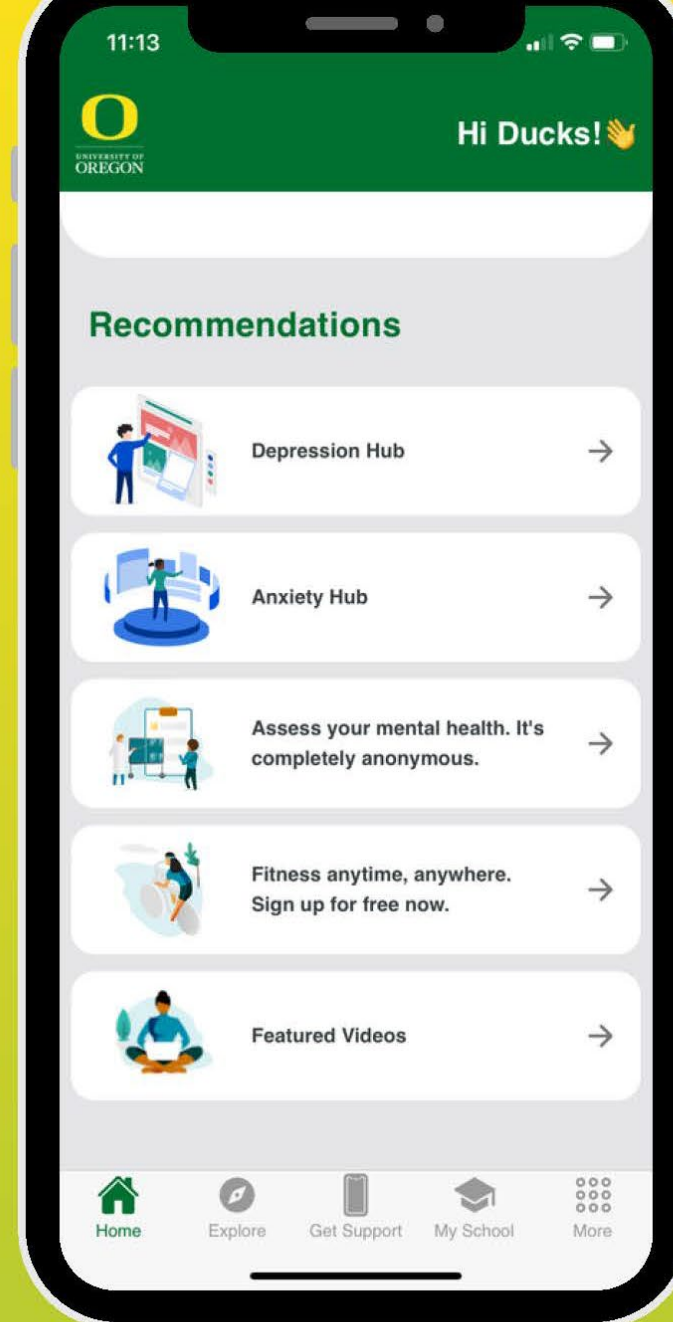
Self-Care Resource Apps

- TELUS Health Student Support
- Finch
- WellTrack
- Headspace
- Pause
- White Noise Apps
- Meditations on YouTube or Spotify



TELUS Student Support App

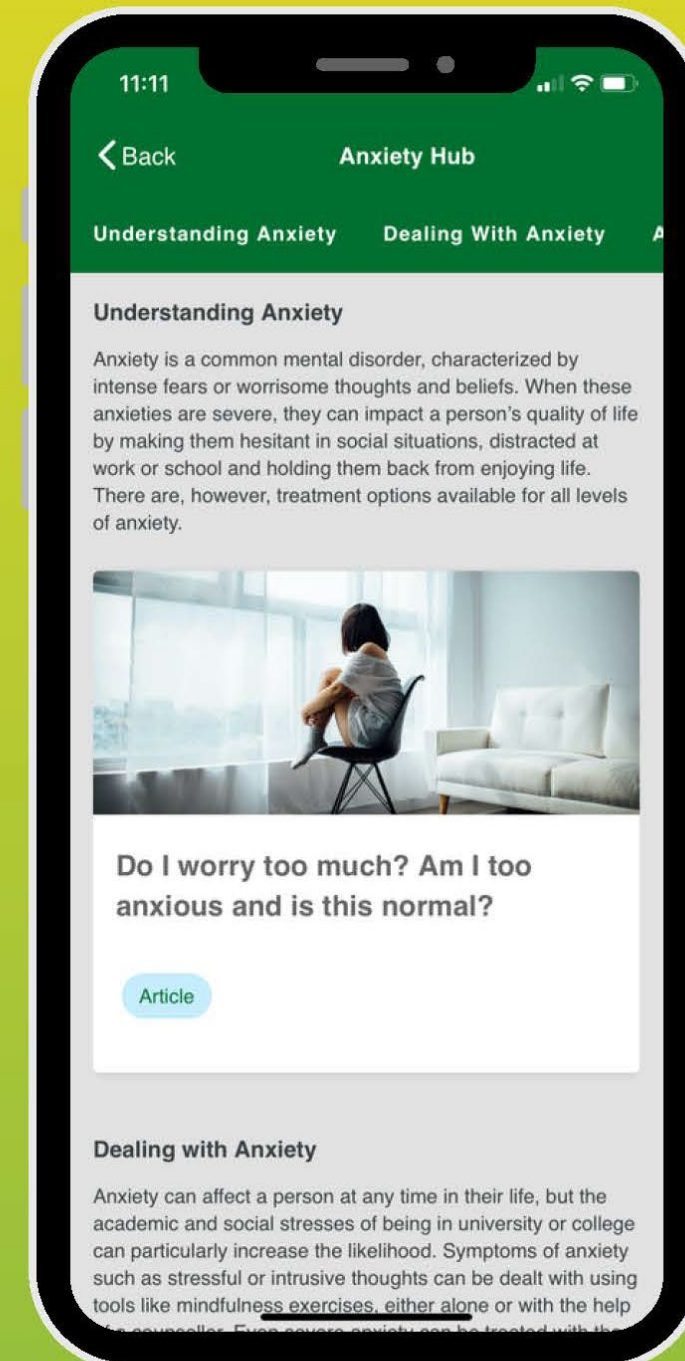
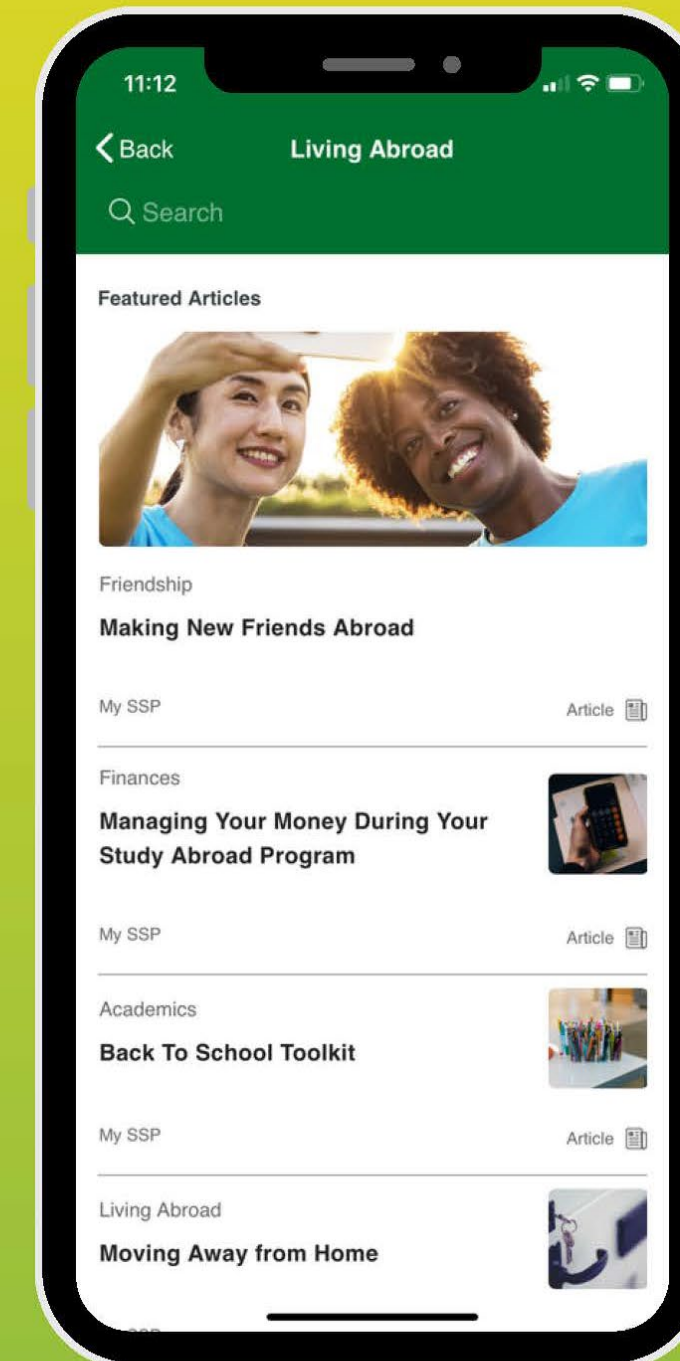
- 24/7 SUPPORT
- WEEKLY THERAPY SESSIONS
- PODCASTS
- WELLNESS ARTICLES
- WORKOUT VIDEOS



CARE FOR YOUR MENTAL HEALTH WHILE ABROAD

Download Telus health for free 24/7 emotional health and well-being support

geo.uoregon.edu/mental-health





CREATE A COMFORT PLAN

GET A PIECE OF PAPER, YOUR COMPUTER, OR START A NOTE ON YOUR PHONE



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QUESTIONS TO ASK YOURSELF

- What helps me alleviate anxiety
- What helps me alleviate sadness?
- What clothes give me comfort?
- What color makes me feel calm, powerful, or confident?
- Who can I talk to for a venting session?
- Who can I talk to for distraction?
- What media brings me comfort?
- What do I need to bring from home to ensure my physical and mental health are taken care of?



UO Resources While Abroad

UO SAFE HOTLINE

541-346-SAFE (7233)

COUNSELING SERVICES AFTER HOURS & CRISIS LINE

541-346-3227

CRISIS TEXT LINE

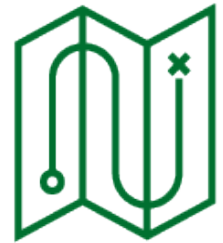
- TEXT HOME TO 741-71
- CAN USE ON WHATSAPP

Upcoming Pre-Departure Workshops



- Unpacking Budgeting Abroad

- April 9, 1:00-2:00 p.m.



- First Time Travelers

- April 15, 12:00-1:00 p.m.



- How to Make the Most of Your Internship Abroad

- April 24, 12:00-1:00 p.m.



- Mental Wellness Abroad

- May 1, 1:00-2:00 p.m.



- Unpacking Race, Ethnicity, and Identity Abroad

- May 7, 1:00-2:00 p.m.



- Navigating LGBTQIA+ Experiences Abroad

- May 14, 12:00-1:00 p.m.



- Leveraging Your Global Experience into the Workplace

- May 20, 1:00-2:00 p.m.



geo.uoregon.edu/pre-departure-workshops

RSVP for Pre-Departure workshops.

Can't attend in person? Sign up to receive the content.



THANK YOU!



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