

## Symptoms of Culture Shock

Feeling Irritable or even feeling very angry about little things.

Withdrawal from people who are different from you.

Sudden intense feeling of loyalty to your own culture



Headaches

Depression

Upset Stomach

Unexplainable Crying

Loss of confidence

Needing to sleep a lot

Overeating or loss of appetite

Marital or Relationship stress

Loss of ability to study or work effectively

Exaggerated cleanliness

Feeling sick most of the time

**NOTE: Not everyone will experience culture shock the same way, and you will not necessarily experience all of the symptoms!**

## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this

through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or email us at [carletonwellness@gmail.com](mailto:carletonwellness@gmail.com)

International Student Counsellor  
[berak\\_hussain@carleton.ca](mailto:berak_hussain@carleton.ca)



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

# Culture Shock



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## What is Culture Shock?



## Now that you are here, take care of your Physical Health!



### Eat Healthy

Eat according to Canada's Food Guide and your Gender and Age.

Pick up a Food Guide at Health and Counselling Services on campus, or visit <http://www.hc-sc.gc.ca/index-eng.php>

### Exercise Regularly



It will reduce your stress, increase your energy and release endorphins! Exercising regularly will also provide a routine structure especially in stressful times.

Examples: running, weight lifting, skiing, skating, biking, walking, aerobics, and swimming.

### Get Regular and Routine Sleep



Sleep 8-9 hours a night at the same time every day.

Here are a few tips to getting a full night's sleep:

- Don't drink caffeine (coffee, tea or pop) for several hours before bed, or try decaffeinated.
- Cut out heavy meals late in the evening.
- Avoid napping in the daytime.
- Try a warm bath or shower before bed.
- If you cannot sleep after 20 minutes, get up and read, or listen to music in a dark room. Do NOT go on the computer or watch TV— this will only keep your mind active and will end up keeping you awake for longer.

## International Student Services Office (ISSO)

Be sure to check out the ISSO website at [www.carleton.ca/isso](http://www.carleton.ca/isso)

or visit their office in room 128 Unicentre

The ISSO offers tons of great services for international students such as exciting events, confidential counseling, volunteer opportunities, and much, much more!

Culture shock is defined as a sense of confusion and uncertainty, sometimes accompanied by feelings of anxiety, that commonly affects people exposed to a foreign or strange culture. Below is a diagram showing the stages of cultural adaptation. These stages can occur when arriving to a new country and also when returning back home.



## Ways to Ease the Stress of Culture Shock

1. **Understand that this is a normal experience** and it will pass in time.
2. **Keep in touch with home**—through e-mail, Skype, phone or write a letter or postcard!
3. **Keep Active.** By getting out of your room you can find out about life in Canada. Take a map and go walking in the city. Visit famous places and get to know Ottawa.
4. **Find Shops and Restaurants** that sell familiar food-check out the market downtown!

5. **Exercise/Social Activities.** Do something you enjoy, and meet people! Get to know the Res Fellows in your residence, or Professors in your departments; they organize social events and are aware of things going on in the local area. Join Carleton Athletics ([www.carleton.ca/athletics](http://www.carleton.ca/athletics)) or join Carleton's clubs and societies ([www.cusaonline.com](http://www.cusaonline.com))

6. **Community Activities/Volunteering.** The Carleton University Students Association (CUSA) website includes info about opportunities to volunteer on campus. For off-campus volunteering check out, [www.volunteerottawa.ca](http://www.volunteerottawa.ca)

7. **Have Familiar things around you** such as photographs or ornaments.

8. **Introduce yourself to other International Students.** Other students may be feeling like you or they may have good tips about living in Canada. Come to the Living in Canada Workshop Series—see [carleton.ca/isso](http://carleton.ca/isso)

9. **Talk to someone.** If you are finding it difficult to settle down or you are missing home, you may find it helpful to book an appointment with a counselor or drop in at the ISSO office for a 30 minute session Mondays starting at 1:30 p.m. Visit our website at [www.carleton.ca/health](http://www.carleton.ca/health)

10. **Read up on stress.** Check out the Stress Booklet which can be found at [www.carleton.ca/health/health-topics-a-z](http://www.carleton.ca/health/health-topics-a-z)