

Symptoms of Reverse Culture

Feeling Irritable or even feeling very angry about little things.

Withdrawal from people who are different from you.

Sudden intense feeling of resentment to your own culture

Headaches

Depression

Upset Stomach

Unexplainable Crying

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



Loss of confidence

NOTE: Not everyone will experience reverse 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)
- 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

International Student Counsellor
berak_hussain@carleton.ca



2600 CTTC Building
613-520-6674
carleton.ca/health

Reverse Culture Shock



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What is Reverse Culture Shock?

It is defined as a sense of confusion and uncertainty, sometimes accompanied by feelings of anxiety, that commonly affects people once they return from 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 Reverse Culture Shock

1. **Understand that this is a normal experience** and it will pass in time.
2. **Keep in touch with the new friends you made while away**—through e-mail, Skype, phone or write a letter or postcard!
3. **Keep Active.** By getting into a routine you can get back into in Canada. Reconnect with family, friends and sign up for sports or hobbies you used to do
4. **Find Shops and Restaurants** that sell familiar food you became familiar with while away.



5. **Exercise/Social Activities.** Do something you enjoy, and meet people! Get to know Professors, TA's, classmates in your departments. Join Carleton Athletics (www.carleton.ca/athletics) or join Carleton's clubs and societies such as CUEX (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; ISSO (Exchange Fair, Info Sessions, Exchange Committee, and Language Exchange Program)

7. **Introduce yourself to other International Students.** Other students may be feeling like you or they may want to share their experiences of being away from Canada.

8. **Talk to someone.** If you are finding it difficult to settle down or readjust to life here, you may find it helpful to book an appointment with a counselor. Visit our website at www.carleton.ca/health

9. **Read up on stress.** Check out the Stress Booklet which can be found at www.carleton.ca/health/health-topics-a-z

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.

Get a Food Guide at <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.

Resources to check out:

- www.worldlearning.org/linkservid/056F078A-EDEB-BEAE-FD0050C1F1E0F368/showMeta/0/
- www.studentsabroad.com/reentrycultureshock.html
- ISSO www.carleton.ca/isso, 128 Unicentre
- Health and Counselling Services 2600 CTTC Bldg. www.carleton.ca/health