

POINTS OF INTEREST - Coming Back After Holidays



The emotional toll that comes with returning to university can be unexpectedly painful. RITA shares her strategies.

For those of us who have moved away from a busy and loving home life, whether away from family, friends or even both, coming back after a short break can be a huge shock to the system.

After spending a few weeks at home having to return to our quiet rental student rooms, where we might not always get on with our flatmates, can be scary. Being unsure of the silence and

how to get back into your routine to be ready for lessons the next day, can be quite daunting. I just wanted to tell you that, you are not alone. Many of us feel this way too. Others may feel the polar opposite, and be happy to run away from home for term time. But that doesn't devalue your feelings.

When I'm feeling this way, I like to make sure I have a whole day to myself before getting back into the swing of things. I call this a **reset day**. I will start by making a short list of tasks that need to be done, followed by some forms of self-care to help me regain some clarity and positivity. Sometimes, cleaning your room or re-organizing it can help you feel better. If you're feeling lonely, try striking up a conversation with a flatmate over dinner, instead of hiding out in your room until they are gone. (Which I'm guilty of too) You never know, that 5-minute conversation might lead to a friendship.

If you are ever struggling with anything, please reach out to your friends, family, or even the wellbeing team here at ACM. Their email is: wellbeing@acm.ac.uk

If you'd like to join our team or have an opinion on this, email us at thebuzz@acm.ac.uk