

## Customs and Baggage

Think about when you've felt stressed, uncomfortable or just had a tough day back home. Circle which strategies you would normally use to feel better. These are all self-care strategies.

- Volunteer**
- Paint Journal**
- Yoga Go for a Walk**
- Breathing Exercises**
- Join a Club Draw**
- Do an Activity with my Family**
- Do a Puzzle Play a Sport**
- Exercise**
- Talk to a Friend**

Feel free to add your own:

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## It's a Strength to Ask for Help

AFS is always here for you!

- Talk to your AFS Liaison or another AFS Volunteer you trust
- Talk to your host family
- Talk to other AFSers
- Talk to your school counselor, school resource officer, or trusted teacher

If you do not feel comfortable or are unable to contact them, call the AFS-USA Participant Support Department.

Try these conversation starters:



Write down the names, and contact information of the people you trust.

### Contact Information:

Host Family Name: \_\_\_\_\_

Host Family Phone: \_\_\_\_\_

Liaison Name: \_\_\_\_\_

Liaison Phone: \_\_\_\_\_

AFS-USA Participant Support Department (24/7)  
 212-299-9000 ext. 9  
 1-800-237-4636 ext. 9



## My Emotional Passport

Name: \_\_\_\_\_

## Staying Emotionally Healthy During My AFS Experience

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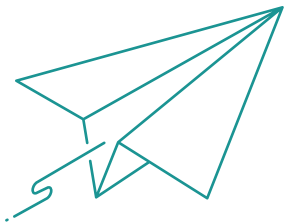


**Intercultural Programs USA**

# Check In

Your AFS program is likely to be full of both rewarding experiences and personal challenges. AFS believes these challenges are key opportunities for personal growth and a fundamental part of the intercultural learning process.

Practicing good self-care will help you be a more effective learner and more capable of achieving your study abroad goals.



Identify some good self-care strategies for yourself on "My Self-Care Travel Plan"

Pay Attention to yourself and your emotions. Notice when to slow down to give yourself a break.

Practice these strategies when you are feeling stressed, upset, or down.

Reach Out and remember AFS is here to support you. Talk to your Host Family, Liaison, other AFSers or others in your community!

Reflect on what works for you and what doesn't. You may find some strategies work better than others or discover some new ones!

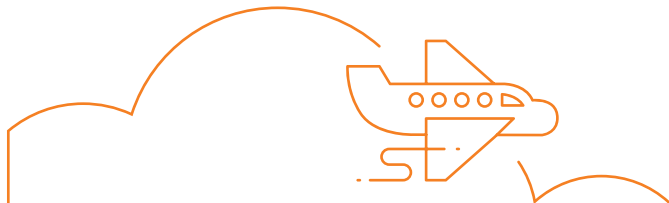


# My Self-Care Travel Plan

When I feel stressed or upset, these are some things that I will do to help myself feel better while on my AFS program:

Look back to "Customs and Baggage" for ideas!

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_



These may change during the year. Allow for checkpoints and update your Self-Care Travel Plan, if needed.

# Five Senses Exercise



## 5 Things You Can See

Look around. Pick five things you don't normally notice, like a shadow or a small crack on the sidewalk.



## 4 Things You Can Feel

Bring awareness to four things that you are currently physically touching, like a smooth table top, a soft shirt, or the wind.



## 3 Things You Can Hear

Listen. Notice three things that you can hear. Maybe a bird, or the sounds of traffic, from a nearby road.



## 2 Things You Can Smell

Bring your awareness to two smells, either pleasant or unpleasant. Maybe the wind carries the smell of a tree, or the smell of a fast food restaurant across the street.



## 1 Thing You Can Taste

Focus on one thing you can taste right now. You can take a sip of a drink, chew a piece of gum, eat something, or notice the current taste in your mouth.

