



## First impressions, new arrivals

Challenges	Strategies
<ul style="list-style-type: none"><li>• Homesickness and feelings of displacement</li><li>• Culture shock</li><li>• Bad diet and upset stomach</li><li>• Broken relaxation rhythm and fatigue; Lack of energy</li><li>• Lack of motivation and productivity</li><li>• Poor sleeping schedule and exhaustion</li><li>• Mood swings and emotional outbursts</li><li>• Sudden social anxiety and withdrawal; Social isolation</li><li>• To-do list overwhelm and “mental re-cycling”</li><li>• New language and culture learning</li><li>• “Tyranny of the urgent”</li><li>• Coping with injustice as an expat</li><li>• Redefining identity</li></ul>	<ul style="list-style-type: none"><li>• Avoid caffeine and alcohol</li><li>• Get exercise</li><li>• Make better food choices if possible</li><li>• Try to recreate comfort flavors</li><li>• Get in touch with friends and family</li><li>• Socialize locally</li><li>• Practice self-patience and give yourself adequate time to adjust</li><li>• Reflect daily on your motivations</li><li>• Remind yourself why you are an expat</li><li>• Focus on the positives</li><li>• Practice meditating or journaling</li><li>• Explore and dig deeply into the new culture</li><li>• Celebrate differences (as opposed to fearing them)</li><li>• Learn through a hobby or course</li></ul>

### Monthly resource:



### Create Your Escape: A Practical Guide for Planning Long-Term Travel

by Mike Shubbuck and Tara Shubbuck

Kindle: <https://amzn.to/3BgJHVV>

Paperback: <https://amzn.to/3lfXoix>

There are chapters to help you methodically reduce the number of stressors in your life before becoming an expat.



<https://cleverexpat.com/future-expats-meetup/>

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### Responses from other Future Expat Meetup members

- Asking myself, "what the heck did I just do??"(might feel homesick, but hopefully not!)
- Anxiety of not knowing anyone
- Utilities and transportation
- Understanding the basics... laws for expats, legal rights, dual citizenship, etc.
- Paying the utilities and where to purchase furniture (if needed)
- Dealing with day to day stuff like grocery shopping, paying bills, finding stuff I need
- Getting things hooked up and working, cable internet phone. learning where to find things you need
- Medical needs and medications
- Getting familiar; finding a place to rent
- Packing; Moving in itself is stressful, so moving possessions or selling them to reduce the impact of the move are all stressful endeavors
- Adjusting to the language, language barriers
- Finding connections with different stuff in life
- Lifestyle, access to a variety of food items
- Finding friends, transportation, and culture shock; making new friends
- Getting to meet people and make meaningful friendships, transportation, and language
- government regulations and limitations, income generation, banking
- first finding a home, setting up finances, figuring out healthcare
- Not understanding the language, confusion over metric system and currency rates
- Understanding the differences between buying/renting in the US vs in your host country

### Websites

- <https://www.theblackexpat.com/stress-less-managing-those-expat-frustrations/>
- <https://www.iamexpat.de/lifestyle/lifestyle-news/6-tips-coping-expat-stress>
- <https://www.allianzcare.com/en/about-us/blog/2018/08/stress-management.html>
- <https://www.dailysabah.com/life/health/the-hushed-up-dark-side-of-living-abroad-expat-depression>
- <http://www.projectabroad.eu/expat-stress-explained/>
- <https://goexpat.com/top-5-tips-for-a-stress-free-life-as-an-expat/>