

# WELLBEING AWAY

## WHAT IS THE ISSUE?

Many people travel away from home and family in more or less challenging environments, for different lengths of time and with varying levels of connectivity.



## WHAT DID WE LEARN?

It is useful to think about the experience of being away in five phases:



There are ways to support psychological wellbeing in each phase and therefore to maintain it throughout the experience of being away:

Agree on a main point of contact for communication and think about how intermittent contact might feel.



Sometimes, less frequent, more deliberative contact e.g. by letter, is better than constant use of technology to stay in touch.



While away, doing an activity that is different to the work activity can help to unwind.



Being back can require time for readjustment, our bodies sometimes travel much faster than our psyche. A 'welcome home' party a few weeks after return instead of the day after can help to maintain wellbeing.



The model set out above has been tested through a survey of 400 international students at UK universities. The survey found that international students who were proactive in their studying abroad strategies experienced greater wellbeing and quality of life.

Find out more by reading the full report: 'Wellbeing Away'