

# Episode four

[00:00:00] Welcome to The New Life in Australia podcast, hosted by me, Karen Bleakley, founder of Smart Steps to australia.com. Moving to Australia with my family was a life-changing experience, but it wasn't without its challenges. That's why I'm passionate about making the relocation and resettlement process easier for you so you can enjoy this exciting adventure.

Join me and my special guests as we share professional secrets and tips. Learn from people who've made the move and discover businesses that can help you realize your dreams. Now. It's the best time to create the life you've always wanted. This podcast is here to show you what's possible and to inspire you every step of the way. Let's go

Let's take a moment to acknowledge the Gubbi Gubbi people, the traditional owners and custodians of the land on which I live, work, and play. I thank them for the privilege of being able to live in such an incredible part of the world, and I pay my respects to their elders past, present, and emerging. Hi there, my [00:01:00] name's Karen Bleakley. You are tuning into episode four of The New Life in Australia podcast. Today we're gonna be talking about nine practical ways to overcome homesickness. I thought it was really important to do an episode about homesickness early on in the podcast because it is totally natural to feel homesick.

You have left your life behind, you've left your friends and family behind. You might be living 24 hour flight away from, from everything you know, and it is so normal and so natural to feel homesick, and it's something that we all go through.

I wish it was something that completely went away, but I know it's always something that I'm always going to struggle with. But there are lots of practical ways that you can overcome it and just get on with your life.

I recently posted on Facebook just to let people know that even I get homesick. The other day I went to the theater to see Mama Mia, and there was a scene where Donna and her friends got together for the first time after a break and they, they were hugging and they were laughing and they [00:02:00] were having fun.

And it just really reminds me of my best group of friends in the UK who I've known for probably 35 years. And they were all having a get together that week

without me. And it just felt really hard. And for a moment, just, I had a few tears in my eyes and was getting really sad about the fact that I live on the opposite side of the world to so many people that I love.

And then it's recently been Father's Day. And on Father's Day I was walking my dog and I saw a car with a family in it, pull up in a driveway, and the grandparents came out of their house and they were hugging their kids and their grandkids and everyone looked so happy and they were having such a lovely time together.

And again, that just reminded me that I can't just hop in the car and go and give my mom and dad a hug. It's a lot more effort to get home to give them a hug. So it really does hit home sometimes and it just really creeps up on me and overwhelms me. So even I'm not immune to it, even though I love living here.

There are still moments when it [00:03:00] does overtake me.

So I thought it was really useful to kind of do an episode just to remind you that the feelings that you are having are totally valid and it is okay to feel homesick. You can still love where you live and still miss what you've left behind as well. That's all. Okay. It's not one or the other. You can have both of those feelings.

They can both exist at the same time and that's okay. But what I just want to kind of remind you is you can move through these feelings. If you really focus on the negative feelings of feeling homesick, those feelings can really grow and they can take over your life. But if you take action and you do a few things to move your body or move the way that you are feeling and move your mindset, it really does make a big difference and you can just get past them and carry on.

So here are my top nine practical tips of ways of overcoming homesickness. Number one, the first most important one I think is to get outside. Now. Fresh air and nature really do change your perspective. Australia [00:04:00] is such a beautiful, clean, amazing country with so many open spaces, and I know that whenever I feel a bit funny and I kind of just get the dog and go out on a dog walk.

We'll see Rainbow Lorikeets and we'll see ducks, and we'll see all kinds of animals and wildlife on the way. And it just reminds me and reinforces why we moved here in the first place. Just getting out in the, the fresh air, the sunshine, getting out in nature surrounded by wildlife and greenery really does help.

Tip number two is to exercise. Exercising. When you move your body, it moves your energy, it changes your mood, and it really does change your perspective. Now, I personally, I like to combine tip number one and tip number two, get outside and exercise. I love going to some of the outdoor gyms that we've got here in Australia or going for a dog walk.

Both of those two things really help me. Usually I put on a podcast or I put on some loud music as well. That really helps. But all of it is just about. Just changing [00:05:00] that energy, moving that energy along in your body and just getting on with it and bringing in some more adrenaline into your body and just refreshing your mind a little bit and just getting out there.

Tip number three is to explore your home. Now you move to Australia for a reason. You want all these opportunities that, that you now have access to, so make the most of them. Go to an attraction, be a tourist for a day. Take a tour. Go somewhere that you've never been before. Just enjoy the excitement of being in your new country embrace the adventure and get out there and experiencing.

When you go out there and you have an amazing day at a new place, it just kind of fills your soul with so much happiness. It just, it really does give you a perk and a boost, so it really does help. Tip four is to make the effort to meet some new people. Now, I know when you move to Australia and you don't know people and all of your friends and family are back home, it can feel really difficult. But getting out there and meeting [00:06:00] new people, really, I. Does help. It really does help you connect with the local area and it helps you feel more settled.

So it's great whether you're at school, start chatting to other school parents that are there, whether you are taking part in any sports, meet people through that, or whether you just like going for walks or to the park or. Whatever it is, there's always opportunities to meet new people. Now I go along to different networking business events and things like that, and I've met some great new people through that.

And then we just hooked up for coffee after that and we've, we're now really good friends and we meet regularly, so it just make the effort to meet people and make new connections. And sometimes I think it also really helps if. Try to meet some other people who have also moved to Australia because they understand the unique position that you are in as well.

So while it's great to meet locals as well, I think it's also good to try and find some expat groups or some groups for your communities, some people, other people who've immigrated to Australia who [00:07:00] are looking to make connections. I think you can all be one another's support network. So it's a great idea to just meet some new people.

Tip number five is to journal. Writing down your feelings is a really great way to process them. Now, as I say, your feelings, having those feelings is valid, and it's really important to acknowledge the feelings, accept the feelings, and let them pass through your body. And by journaling and writing them down, it's a great way of kind of releasing them back into the world.

And moving on and moving through them. So I think Journaling's really good. And also as part of journaling, you can be writing your goals and what you are looking forward to and all of that sort stuff. And that really helps get your mind in a stronger place too.

Tip number six is to create some new traditions. Now the lifestyle in Australia is so, so different, and it lends the opportunity to create some brilliant new traditions. I love some of our new traditions that we've created since moving to Australia. Now we walk around the Christmas lights at night, and then when we come home, [00:08:00] really quite hot at sort of nine o'clock at night. We jump straight in the pool under the stars for a night swim. It's something that we do regularly over the Christmas period every year, and we love doing it and the kids get really excited about the nights. We're gonna take our Christmas walks to walk around the local community.

We also get our Santa photos taken at the same place every single year. We found this great little photographers that does this amazing Santa photos with this really big backdrop, and they're really beautiful. And I've told my kids that even when they're like in their twenties and , they, or they've got their own kids, they're gonna be going and getting their annual Santa photos with us as a family at this place because I just love it.

It's become a really lovely tradition and I love looking back at all of the years of photos from when the kids were tiny and they really believed in Santa and they would whisper to him their, their Christmas wishes to now when they just have a laugh with Santa and they just chat about gaming and all the, all the Pokemon things they want to do or want [00:09:00] to get for Christmas.

They still love it even though they are now much older, . And we still love it. It's a real highlight of the year going and getting our Santa photos taken. So

that's not only Christmas traditions. You can create traditions at all parts of the year, whether that's Easter egg hunts or, or anything at all, whether you have summer traditions or and other of our winter traditions, I can't even speak today.

Australia, the weather gets cooler in winter. And that's when it's a great place to enjoy Christmas-y stuff that we were used to experiencing back in the UK in December. So you can get snuggled up and watch Christmas movies with the heating on drinking hot chocolate in July. It makes a lot more sense than doing those things in December when it's

really, really hot.

Tip number seven is to talk about it. Now, if you are really struggling with homesickness, it really does help to have a chat to somebody. So that kind of comes back to making some new friends. I think it's really good to talk to people in Australia about how you're feeling. [00:10:00] Don't necessarily think it's a good idea to talk to friends and family back home about it because they're probably missing you as well, and they probably would love an excuse to try to persuade you.

Your homesickness is a reason that you should come home again. So just be careful about who you speak to, but talking about it really does help. If you've got a partner, talk to them about it, because I know that when Matt and I moved over here, we each had days when one of us might be struggling and we'd talk to each other.

We'd communicate, and on the days when one of us was struggling, the other one would lift. Them up, and we used to alternate who was struggling on which day. So it really does help if you've got a partner to talk to or if you've got some good friends that you can talk to. But definitely talk about it because struggling on your own is the worst thing.

Tip number eight is to take up a new hobby. Now Australia's got so many cool hobbies that you can do. I've got an article on my website, which I will link in the show notes about hobbies in Australia. But you might wanna try surfing or you might [00:11:00] wanna try skiing. If it's wintertime and you live in the.

Areas where you've got access to ski slopes, which some parts of Australia do. You might wanna do standup paddle boarding, or archery or scuba diving or sailing or shooting or yoga. There's so many different things you might do fishing. I know my son is really loving getting outside and fishing, so that's something that he's embraced since moving to Australia.

So think about what new hobby you could take up. It gives you so many more opportunities here with the weather that we've got to get outside. You might wanna get on a bike and go cycling. You might wanna go hiking. So many different opportunities, and it's a great way to move your mind and to create something new, positive sort of direction in your life.

Tip number nine is to be grateful. Now, when you start focusing on everything that you have in your life that's positive, it really does shift things. When you do that, the positive things in your life grow. [00:12:00] So trying to be grateful, again, that comes back to journaling. You might want to write down three things you are grateful for every single day.

What positive spin you can put on the stories you are telling yourself. So you might be kind of thinking, oh, you really miss your parents or your siblings, and you might be able to kind of think, well, hang on, even though I don't see them as often as I used to. When I do see them now, I see them for. Six weeks in a block of really good quality time where we go on holidays and we have a lot of fun together.

So there are ways to shift the perspective around so that you can focus on the things that you're grateful for and what's positive about the situation that you are in. And it really does help when you focus on the positives, they do grow. When you focus on how bad you're feeling and how negative you're feeling and all the feelings of homesickness, then those feelings grow.

So it's just about shifting that perspective to focus on the things that you're grateful for.

So that rounds up the nine practical ways to overcome homesickness so they will, one, get outside. Two, [00:13:00] exercise. Three. Explore your new home. Four, make the effort to meet some new people. Five. Journal. Write things down. Six. Create some new amazing traditions. Seven. Talk to somebody about it. Eight, take up a new hobby and nine, be grateful.

So just know that you aren't alone. We all feel homesick sometimes. You just need to move your attention and look at all of the amazing opportunities that you've got available to you. So that's it for me this week. I hope you found this episode about overcoming Homesickness useful for your new life in Australia.

If you did, please consider for me a positive review as it really does help when you spread the word, and I really, really do appreciate it.

Tune in again as we build Your New Life in Australia, one episode at a time.