Grieving your Study Abroad Experience

That Discomfort You are Feeling is Grief

When your study abroad experience ends without any warning, you lose a piece of yourself. You lose an experience you were fully enveloped in and losing anything that meaningful calls for some grieving. The best way to get through grieving is to allow yourself to do it. There is no right or wrong length of time that it will take for you to not feel sad about your study abroad ending, so embrace that period for however long it lasts.

Travel Grief

Have you seen the meme? It’s okay to grieve...... when I saw it thought of study abroad students who were grieving their travels.

Did you know there are stages to dealing with travel grief?

- Stage 1: Denial
- Stage 2: Anger
- Stage 3: Bargaining
- Stage 4: Depression
- Stage 5: Acceptance

Take some time to reflect on the different stages and where you may be. These are completely normal feelings. Next, we will some resources on Mental Health.
What stage of grief do you believe you are in?


What do you do to overcome this?