



Prioritizing You Abroad

Use this worksheet to help you proactively manage your physical, emotional, mental, and social wellbeing abroad.

Self-Reflect

What are your top 3 personal wellness priorities while abroad?

This may be staying active, managing homesickness, eating healthily, or something unique to you!

What challenges do you anticipate might affect your wellbeing in a new country?

What is something new that you hope to try abroad that will help support your wellbeing?

Planning for Support

Who are the people or resources that you lean on for emotional support when things are hard?

Name or Resource

How to Contact When You're Abroad?

Daily Habits & Routines

What daily or weekly wellness habits would you like to maintain while you are studying abroad?

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|-------------------------------------|--|---------------------------------|
| ☐ Exercise | ☐ Cooking healthy meals | ☐ Other: |
| ☐ Journaling | ☐ Sleeping consistently | ☐ Other: |
| ☐ Meditation | ☐ Exploring your new home | ☐ Other: |

Create a sample weekly schedule for three wellness practices.

For example, you may go for a walk on Monday mornings before class.

Activity

Day & Time

Helpful Tools

What apps, websites, or tools can help support your wellbeing abroad?

Examples may include a fitness tracker, a mindfulness app, therapy, a local club or society, etc.

Reflection & Intention Setting

Complete this sentence: When I start to feel overwhelmed, I will remind myself to...

Set an intention for your wellbeing abroad in one sentence.



Scan the QR Code to learn more about support resources abroad.