



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Adjusting Well to My New City?

10 questions about settling into a new place

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I Adjusting Well to My New City?

Moving to a new city can be an exciting adventure, but it also comes with its own set of challenges. This short assessment helps you understand how you are adjusting to your new environment.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often find yourself longing for your previous city, its sights, and sounds?
- Do you find it difficult to strike up conversations and make new friends in your current city?
- Do you feel like an outsider or disconnected from the community around you?
- Do you miss your family and the familiar social circles from your hometown frequently?
- Do you face challenges with language, local customs, or cultural nuances in your new city?
- Do you feel a significant loss of your previous support system (friends, colleagues, neighbours)?
- Do you find yourself comparing your new city unfavourably to your old one?
- Is it difficult for you to establish a comfortable routine or find your rhythm in this new place?
- Are you experiencing significant stress related to your career or studies in the new city?
- Do you experience moments of intense homesickness that overshadow the excitement of your new surroundings?

Score: Count the number of 'Yes' answers to get your score.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Settling In Well

It appears you are adjusting smoothly to your new city. You are likely building connections and finding your footing effectively.

SCORE: 4-6

Mild Homesickness

You may be experiencing some common feelings of homesickness and adjustment. These feelings are normal as you adapt to a new environment.

SCORE: 7-8

Moderate Adjustment Difficulty

You seem to be facing noticeable challenges in adapting to your new city. It might be helpful to explore ways to build a stronger support system.

SCORE: 9-10

Significant Adjustment Difficulty

You are likely finding the transition to your new city quite challenging. Seeking support from friends, family, or a professional can provide valuable guidance during this period.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember that adjusting takes time, and it's okay to feel a mix of emotions. Be patient with yourself and focus on small, consistent efforts to build your new life.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific aspects of your old city do you miss the most, and can you find any small elements of that here?

2. What is one small step you can take this week to connect with someone new or explore your current neighbourhood?

3. How can you reframe the challenges you are facing as opportunities for personal growth?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Building Your New Community Guide

Practical steps to make meaningful connections in a new city.

₹299

2

Navigating Cultural Shifts Workbook

Strategies for understanding and adapting to new cultural environments.

₹199

3

Mindfulness for Transitions

Techniques to stay present and manage feelings of uncertainty.

₹249

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

— Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224