



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Struggling with Homesickness?

10 questions about missing home and adjusting to hostel life

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.

“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.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I Struggling with Homesickness?

Living away from home for the first time can bring on feelings of longing. This short assessment can help you understand your current experience.

Assessment Questions

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

- Do you find yourself thinking about home, your parents, or siblings very often during the day?
- Have you been crying or feeling tearful without a clear reason lately?
- Is missing home making it difficult for you to concentrate on your studies?
- Have you started avoiding new friends or social interactions at your hostel?
- Do you often compare your current environment unfavourably to your home, seeing home as ideal?
- Do you feel the urge to call your family multiple times a day?
- Have you noticed changes in your appetite, like eating much less or more than usual?
- Are you having trouble sleeping or experiencing frequent awakenings at night?
- Do you often feel lonely or a sense of being unsafe in your new surroundings?
- Is it hard to settle into a regular daily routine in your new place?

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



Your Results

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

SCORE: 0-3

Adjusting Well

You are managing your transition effectively. Continue engaging with your new environment and building connections.

SCORE: 4-6

Mild Homesickness

Some feelings of homesickness are present. Try to balance connecting with home and exploring your new surroundings.

SCORE: 7-8

Moderate Homesickness

You are experiencing significant homesickness. It may be helpful to talk about these feelings with someone you trust.

SCORE: 9-10

Severe Homesickness

Your feelings of homesickness are quite intense. Reaching out for support from a counsellor or mental wellness professional is strongly encouraged.

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

DR. PRIYA'S TIP

It's completely normal to miss home. Try to find a balance between staying connected with loved ones and embracing the new experiences available to you.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific aspects of home do you miss the most right now?

2. What small steps can you take today to engage more with your current environment?

3. Who is one person you can talk to about how you are feeling?

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 Resilience: Coping with Change

Learn strategies to navigate new environments and challenges.

₹199

2

Mindfulness for Students

Techniques to improve focus and reduce stress during your studies.

₹99

3

Connecting with Others: Making New Friends

Tips on building meaningful relationships in a new setting.

₹199

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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Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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manas365.com



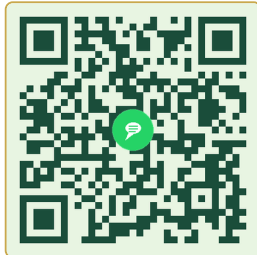
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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

– 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