



SIGNS OF CULTURE SHOCK

Culture shock is a feeling of disorientation experienced when someone is suddenly affected by an unfamiliar culture and lifestyle. Different symptoms may arise as a result of the sudden transition:



**Sadness,
Loneliness, Anger**



**Too much or too little sleep
from time zone changes**



**Preoccupation
with health**



**Loss of identity, lack of
confidence**



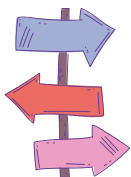
**Aches, pains,
allergies**



Longing for family



**Changes in mood,
feeling vulnerable**



**Feelings of being lost or
overlooked**

Remember that each person experiences culture shock differently and will need different tools to help adjust to the new lifestyle.

