

A short meditation for *homesickness*

Written for South Africans living abroad, for the moments when missing home shows up unexpectedly.



1

Acknowledge the feeling

30 SECONDS



Notice you're missing home, without trying to fix it or talk yourself out of it. Just let it be there.

2

Bring a memory to mind

30 SECONDS



Pick one specific, grounding memory of home. A place, a sound, a smell you know well.

3

Breathe with it

1 MINUTE



Hold the memory gently while you breathe slowly. Let the feeling and the breath move together.

4

Gently return

30 SECONDS



Bring your attention back to the present place and moment, at your own pace.

WHEN TO USE IT

After a phone call home, on a hard day in a new country, or any time homesickness surfaces without warning.

WHY IT HELPS

Naming and sitting with a feeling briefly, rather than pushing it away, tends to settle it faster than avoiding it does.

Missing home doesn't mean the move was the wrong decision. It's a genuinely common experience for South Africans abroad, not a sign something has gone wrong.

— One breath at a time is enough. —

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