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**WHAT IS  
DIASPORA STRESS?**

Diaspora stress is a blend of emotional, cultural, financial, and relational pressure that people feel when living outside their home country. It is often invisible but deeply felt.

Older adults, students, temporary workers, migrant parents, and long-term expatriates each experience diaspora stress differently – yet the core burden is similar:

**You are living in one world while your heart is still tied to another.**

Diaspora stress intensifies when your home country faces a disaster, political instability, or crisis.