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**HOW DIASPORA  
STRESS SHOWS UP**

## Emotional Symptoms

- Homesickness in sudden waves
- Guilt for being far away
- Anxiety or panic
- Irritability or feelings overwhelmed
- Feeling like you are living two lives
- Feeling “responsible” for everyone back home

## Physical Symptoms

- Headaches, migraines
- Chest tightness
- Digestive upset
- Muscle tension
- Poor sleep during hurricane season
- Fatigue from constant worry

## Social Symptoms

- Withdrawing from friends
- Overworking to cope
- Avoiding calls due to feeling overwhelmed
- Difficulty building community abroad