

Taking Care of Yourself

RYE Outbounds - Rotex 6250

What can cause stress?

- Drastic change to daily routine
- Frustrations with language
- Culture shock
- Homesickness
- New norms and customs
- Unexpected circumstances

Coping with Stress

- Journal
- Bring a book from home in English/ buy a book in your host country's language
- Spend time with friends
- Take a mental health day if needed!
- Exercise
- Communicate your feelings to your host family

What do you usually do to cope with stress?



Healthy Coping Skills

- Stay in the present moment
- Learn to deal with the unexpected, stay flexible!
- Your happiness is your choice

The Four Agreements:

- Be impeccable about your words
- Don't take anything personal
- Avoid making assumptions
- Try your best to understand others in every circumstance!

Potential Risks

- Theft
- Illness or injury
- Accident
- Travel difficulties
- Harassment
- Natural disaster
- Political unrest
- Drug/alcohol abuse
- Physical/sexual/emotional abuse



Sexual Harassment

Definition: Sexual advances, requests for sexual favors or verbal or physical conduct of a sexual nature.

- Sexual jokes
- References to sexual acts
- Verbal abuse of a sexual nature
- Displaying sexually suggestive objects, pictures or drawings
- Sexual leering or whistling
- Inappropriate physical contact
- Obscene language or gestures
- Suggestive or insulting comments

Sexual Abuse

-Definition: Engaging in implicit or explicit sexual acts with a student or forcing or encouraging a student to engage in implicit or explicit sexual acts alone or with another person of any age.

- Becoming the object of suggestive looks or comments
- Being made to kiss someone
- Touching private parts of the body
- Being made to engage in unwanted sex or sexual acts
- Being made to look at pornographic materials
- Other behaviors that make you uncomfortable

Physical Safety

Keep these phone numbers on you at all times:

-Host Family

-Counselor in host country

-Host country's emergency number

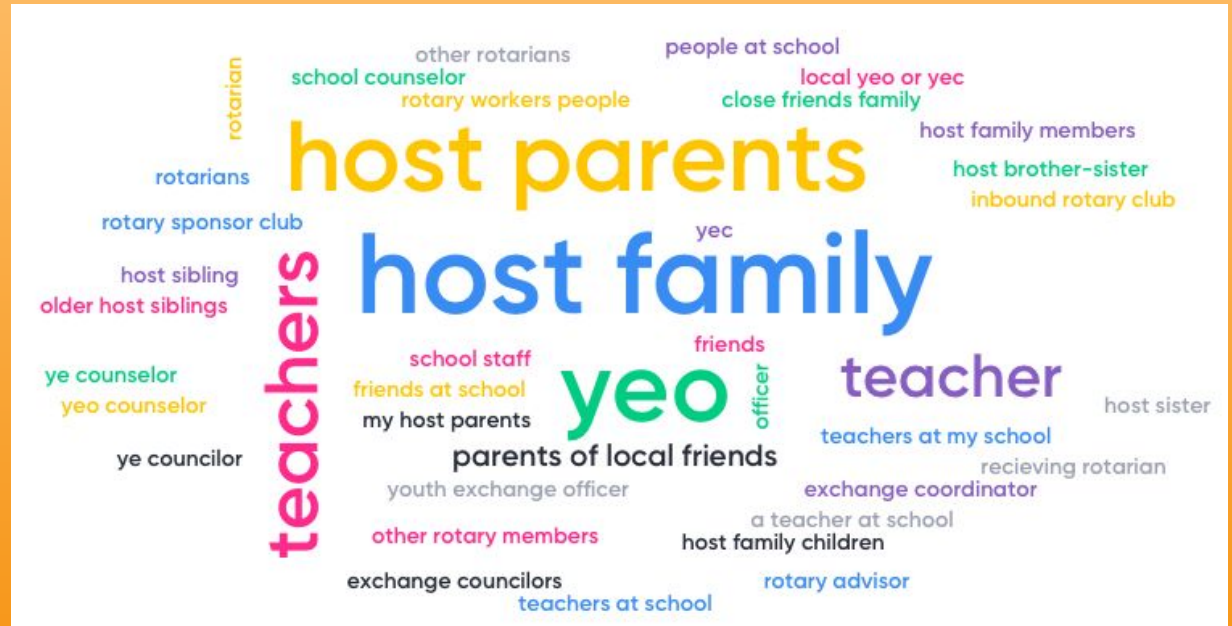
*Make sure these are accessible to you even if your phone dies (on a piece of paper inside phone case/wallet/etc)

Country	Police		Redirects
Argentina	911	101	112 and 911
Austria	112	133	
Belgium	112	101	
Bolivia	911	110	
Brazil	190	191	911
Chile	133		911
Colombia	123		112
Denmark	112		
Finland	112		
France	112	17	
India	112	100	
Italy	112	113	
Japan	110		911
Peru	911		
Philippines	911		
Poland	112	997	
Thailand	191		

Dealing With Stress- Who Can I Turn to?

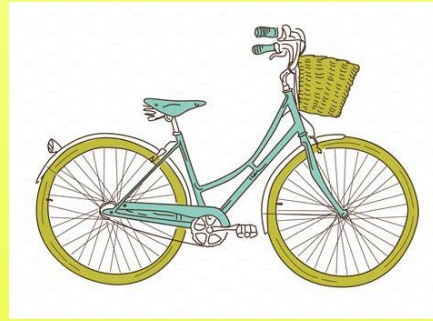
-Avoid calling home right away

-There are many people in your host country who can help you!



Physical Health/ Hygiene

- Weight gain is normal!
- Enjoy as much food as you want- you've only got a year of it!!
- Consider joining a fitness class with your family or a school sport that you have never played before
- Ride a bike to get to know your region
- Bring a bottle of each of your bathroom products (not a year supply)
- Be considerate of your host country's shower norms (how often)

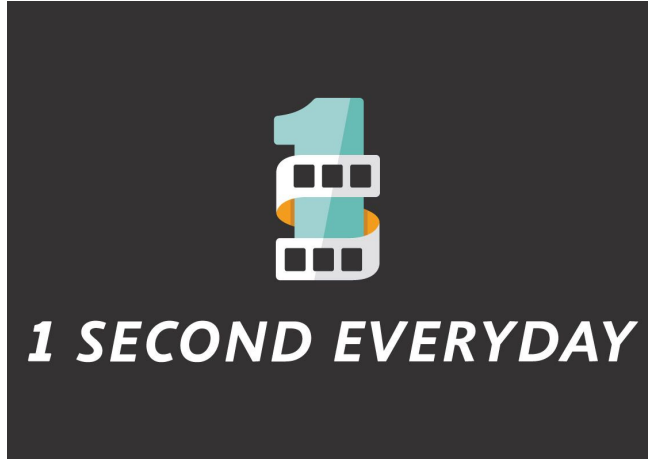


Preparing Yourself

- LANGUAGE!
- Study the culture and customs (also weather, trends/style)
- Networking- Facebook groups, Host District, Officer
- Learn the rules and expectations



Other Resources



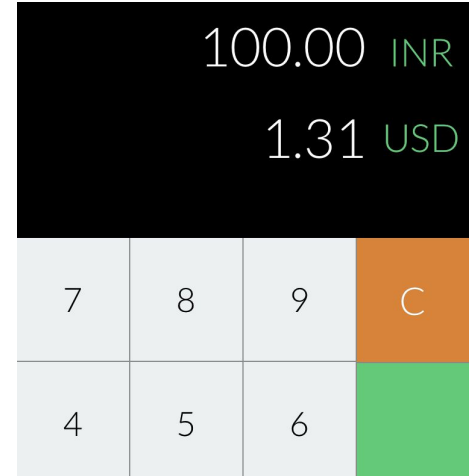
1 Second a Day - Compatible with iOS and Android - FREE

Take a short blip of video every day, and by the end of the year you'll have a video diary of your exchange!



Headspace - Available for iOS - FREE

Guided meditation exercises that can ease stress and promote mindfulness



Money Foreign Exchange Rate Converter - FREE

Convert your host country's currency to USD - really useful in the first few months as you get used to new currency value

Question?

Rotex Contact: rotex6250@gmail.com