

# Family, Friends, and Going Home

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Returning home during breaks means different things for different people. The first trips home may feel unexpectedly new or unfamiliar. Setting realistic expectations about family, friends, and self-care can help.

## Balancing Family and Friends

Breaks from college can be restful, but visiting family and friends can also be challenging. People at home may ask questions about life at UVA. This can feel difficult as you may still be finding your place here. Recalling some favorite stories about life at UVA, like meeting hallmates or a favorite class, and sharing them confidently can make those conversations easier.



Friends from home may have had experiences that vary a lot from yours in college. It is normal to feel like these relationships change and grow. Spending quality time with old friends over breaks and being honest with each other about how you feel can help those friendships feel renewed.

There may be different levels of freedom at UVA compared to home. Planning activities ahead of time, talking to parents about their expectations, and keeping everyone in the loop can help manage time during breaks. Including family in plans and helping out around home are ways to show you care.



Coming home may mean driving a car for the first time in a while. Planning rides ahead can help you and your friends avoid driving while distracted, tired, or intoxicated.

**HOO  
knew?**

4 out of 5 UVA students intervene to stop a friend from drinking and driving.\*

## Relax and Recharge

Maintaining self-care routines that work well at school is a great way to get the most out of breaks. Eating meals with others, getting enough sleep, and practicing mindfulness are all ways to stay balanced at home.

"It's okay to take some time to disconnect, rest, and recharge."  
P.S., CLAS 2019

"I like to focus on a smaller number of activities and people over Thanksgiving, and save some activities for when I am home over winter break."  
N.K., CLAS 2019

"I like to visit my favorite places with family and friends when I return home."  
T.J., NURS 2020

Want this poster for your room? Feel free to take me home January 14-18

"Family may have different impressions of your life at UVA. It's okay that you're still learning about yourself. Focus the things that you are proud of."  
C.Z., ENGR 2020

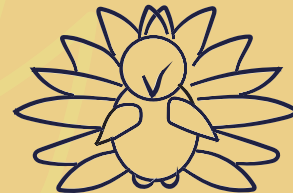
"Be as open as you want to be. It's your choice how much you want to share."  
T.J., NURS 2020

"I remind myself that I'm accountable to other people at home, so I like to check in with them often."  
P.S., CLAS 2019

"Learn to act as a family unit again, rather than just autonomously, when you are home."  
T.J., NURS 2020

## Sticking Around Grounds?

If you will be staying in Charlottesville over break, take advantage of the chance to do something new! Get outside for a hike or explore town. If you don't know others staying in town, ask around – finding a friend will make it easier.



## Resources

If worried about the upcoming breaks, or another situation, consider seeking support ahead of time.

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\*From the Spring 2017 Health Survey with responses from 1,010 UVA students  
Talk to us at [StallSeatJournal@virginia.edu!](mailto:StallSeatJournal@virginia.edu)