To facilitate adaptation during immigration:

* Be aware of your emotions, thoughts, experiences, either positive or negative, knowing that, mostly, they are normal reaction to immigration and accuturation
* Accept the fact that some personal change is inevitable and new learning is necessary
* Try to stay open to and learn more about the values, traditions, rules and “how things work” of the new culture
* Be prepared to deal with personal rejection, prejudice and discrimination (it is hurtful, but, unfortunately, does happen)
* Take a good care of basic needs (food, sleep, housing, security)
* Do activities that help reduce stress (physical exercise, meditation, yoga, being in nature, arts, listening to soothing music, etc.)
* Do things that are important for maintaining the sense of personal and cultural identity:
	+ Speak your own language
	+ Eat foods of your culture
	+ Read books and newspapers from home
	+ Talk or interact with home nationals
	+ Write letters or make phone calls home
	+ Sleep, dream, and fantasize
	+ Focus on job activities that reinforce your sense of self
	+ Keep a personal diary of feelings and experiences
* Establish a social support network
	+ Contact with family
	+ Friends (with various cultural background)
	+ Participate in various groups depending on interest:
		- clubs
		- social groups
		- sports teams
		- artistic and theatrical productions
		- social concern groups
		- thematic support groups
* Learn more about “hows” of communication in the new culture
* Have a way to deal with differences:
	+ Accept them and allow them to be
	+ Speak from your own side of the boundary, about yourself
	+ Collaboratively try to find solution that will include and appreciate both, differing points of view
* Balance work with recreation and fun
* Seek more professional support, if needed (individual or group)