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)