

AWWN – Culture Shock Coping Plan (First Month in the UK)

This guide supports Arab and migrant women navigating their first month in the UK. Culture shock is a normal adjustment process. This plan helps you stabilise emotionally, build routines, and find support.

1. The Stages of Culture Shock

Honeymoon → Frustration → Adjustment → Adaptation. Moving between stages is normal and non-linear.

2. 7-Day Micro-Habits Plan

- Day 1: 20-minute walk – identify 3 useful places
- Day 2: Join one society or community group
- Day 3: Schedule one structured call home
- Day 4: Visit a halal shop or familiar café
- Day 5: Explore a free park, library, or museum
- Day 6: Attend one campus or city event
- Day 7: Write down 3 small wins

3. When to Seek Support

If you experience persistent anxiety, isolation, or low mood, seek support early. Help is a strength, not a failure.

UK Support & Emergency Contacts

- NHS 111 – Non-emergency medical advice
- 999 – Emergency services
- Nightline – Confidential student listening service
- University Wellbeing Services
- Community & faith centres

AWWN encourages gentle adjustment, faith-aligned wellbeing, and community connection. You are not alone in this journey.