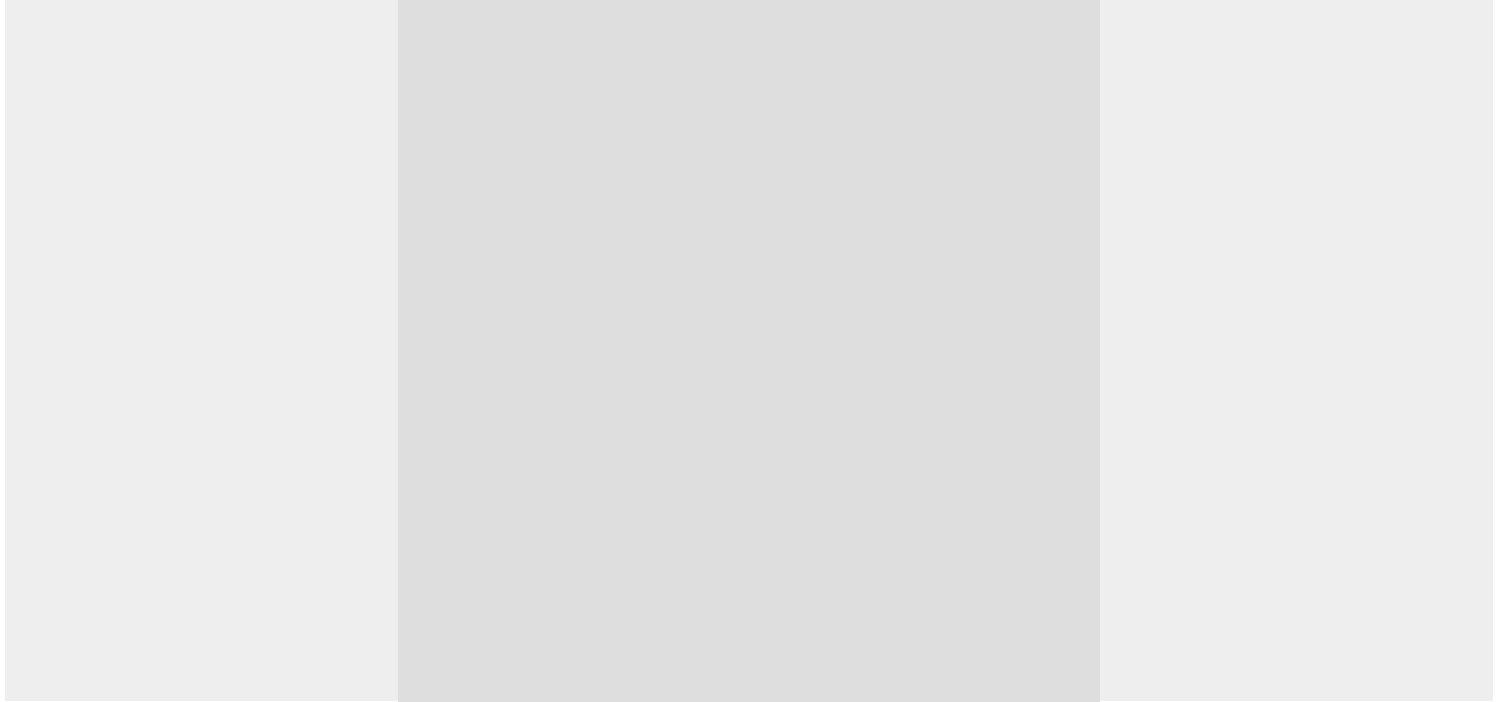
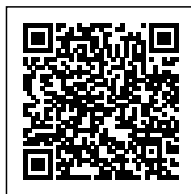


ADJUSTING TO YOUR HOME IS NO DIFFERENT THAN A NEW COUNTRY

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Category: [Travel](#)



I've been home from China for nearly three weeks now. While it hasn't hit me that I'm not going back to China any time soon yet, there's one thing that both countries have in common. Adjusting to each place can be difficult.



First, there's the jet lag

There's a twelve-hour difference between Michigan and China. No matter which country I go to, I have at least two weeks to adjust to time zones.

For both countries, this means I'm in bed insanely early and waking up earlier. If I'm not careful, I look like a zombie for about a week while I adjust.

This means I've got to be careful about sitting down anywhere cause at any time, I could

fall asleep. The only time I'm okay to be sitting down is when I'm eating. I've never been so tired that I've fallen asleep while eating. Not yet.

It makes me want to be lazy in my first week I'm in any country. It's hard to want to do anything when you never know when you're going to crash.

Then there's the food

Two countries. Two appetites. Two food cultures. Everything from adjusting to table manners to different kinds of food, I have to re-adjust when I go to both countries.

In America, a lot of the food feels heavy after I eat it, I tend to have a lot of stomachaches after a meal. I'm not sure if it's what's being put in the food or the fact there's way more dairy in the diet than what's in China. I can taste the sugar with almost every piece of food or drink I consume.

