

VIDEO	AUDIO
<p>SCENE 1.</p> <p>A line spirals out of mid-screen, taking the shape of a BRIEFCASE, placed on the ground. A hand reaches down to pick the briefcase up. LUCY, early-to-mid 20's, wearing thick GLASSES, turns back to wave to LOVED ONES in the background.</p> <p>Lucy turns to leave, and now sits on a train. Looking out the window, a WELCOME sign comes into view. As Lucy stands up holding her briefcase, the train keeps moving as she stands still. A CITYSCAPE surrounds her, with billboards, smiling people, trains, and taxis. Lucy smiles back as she SPINS, trying to take everything in that passes her.</p> <p>The smile comes off her face as she spins too fast now, and when she stops, the city has disappeared and she is in her new BEDROOM. It seems a little empty. Lucy slumps and sits down on the bed, hands on chin as she lightly kicks the briefcase.</p> <p>Lucy lays down on the bed and puts her pillow over her face. Then she pops up with a grin, as if having an idea, and runs to the WINDOW next to her. Gazing at the distant and uninviting cityscape, however, her smile fades.</p> <p>Sitting back on the bed, Lucy pulls up her briefcase, and clicks it open. Out of the case escapes giant letters which SPELL OUT the title: "5 Ways to Deal With</p>	<p><u>NARRATOR (V.O.)</u> Making a new place your home can be an exciting adventure.</p> <p><u>NARRATOR (V.O.)</u> For many of us, the feeling of creating a new life somewhere else can be great-at first.</p> <p><u>NARRATOR (V.O.)</u> But after that "newness" wears off- which it always does- those great feelings can give way to loneliness and a sudden desire for the world you left behind.</p> <p><u>NARRATOR (V.O.)</u> If you feel like this, don't despair; you're just feeling homesick. The good news is, this kind of sick can be perfectly natural when someone relocates to a new living situation, no matter the circumstances</p> <p><u>NARRATOR (V.O.)</u> So here are a few ideas you can try to help you get through leaving your old home, and adjusting to your new one.</p>

VIDEO	AUDIO
Homesickness"	
<p>SCENE 2</p> <p>The title flies offscreen, leaving Lucy standing on the sidewalk with the sub-heading "Pin Down Your Passions".</p> <p>Lucy begins walking down her new street as a thought bubble forms over her head. In it, she PLAYS VOLLEYBALL with TEAMMATES. The thought bubble vanishes as Lucy spots a VOLLEYBALL NET in the distance.</p> <p>Lucy runs to the volleyball court, only to find it dusty and abandoned. She picks up a flattened volleyball nearby. There is no one but her.</p> <p>Lucy's thought bubble returns to the memory of her playing volleyball. The people around her disappear as the net swirls and morphs into a basket. NEW TEAMMATES surround her and she finds herself playing BASKETBALL.</p>	<p><u>NARRATOR (V.O.)</u> Pin down your passions.</p> <p><u>NARRATOR (V.O.)</u> You're probably already being told to find the same interests or hobbies you enjoyed back home.</p> <p><u>NARRATOR (V.O.)</u> But many times it's not so easy to just recreate those somewhere else. That's why it's important to think about what drives your interests, in the first place.</p> <p><u>NARRATOR (V.O.)</u> Why did you like that activity back home? Can you get the same feelings doing another kind of activity? No choice will ever perfectly replace the experiences you had in your old life. But if you stay open-minded, you may find even better ones.</p>
<p>SCENE 3</p> <p>The thought bubble shrinks down into nothing, revealing a new sub-heading: "Limit Time Spent In the Past"</p> <p>The title is "scrolled" offscreen, revealing Lucy's POV as she scrolls down her smartphone's contacts. Familiar names pop up, like "Mom", "BFF", "Ex-BF", and so on.</p>	<p><u>NARRATOR (V.O.)</u> Limit time in the past.</p> <p><u>NARRATOR (V.O.)</u> Often, when we find ourselves in a new place, we can spend long amounts of time checking in back home.</p>

2

2

3

3

VIDEO	AUDIO
<p>Lucy now swipes sideways, bringing a SOCIAL MEDIA PAGE onto her phone. She sees images of old friends partying, hugging, and taking selfies.</p> <p>Turning the POV 180 degrees, Lucy's basketball teammates are back. They call to her, wave their hands at her. She's too absorbed in her phone to notice them.</p> <p>The teammates give up and walk away. Lucy finally looks up from her phone to see she is back in her bedroom, with the DIGITAL CLOCK next to her reading "4:30 AM". Her eyes WIDEN in horror, and she throws her phone in an arc OFFSCREEN. Lucy CLAPS her hands "all clean" and walks away in the other direction.</p> <p>Lucy RUSHES back across the screen after her discarded phone. She comes back with it, wiping her brow when she finds it still works. ZOOM IN at Lucy's POV coming back into frame as she swipes a CALENDAR APP on her phone and writes "CALL MOM SUNDAY".</p> <p>ZOOM OUT as Lucy puts the phone in her pocket and opens the door to the dynamic city outside.</p>	<p><u>NARRATOR (V.O.)</u> Calling parents and friends every day. Scrolling past friends' updates on social media. This may seem harmless, and it could very well be.</p> <p><u>NARRATOR (V.O.)</u> But eventually, these kinds of habits could actually work against you, preventing you from investing in new relationships.</p> <p><u>NARRATOR (V.O.)</u> This doesn't mean going cold turkey.</p> <p><u>NARRATOR (V.O.)</u> It just means you should pick a time in your schedule with the people you love, and keep it to that. Once a week phone calls, or only texting with old friends on the weekends, for example. Doing this will free you up to get to know your new home faster and better.</p>
<p>4 SCENE 4</p> <p>Lucy's POV moves out the doorway and a plane in the sky flies across the cityscape with a banner behind it, reading: "Start New Traditions".</p>	<p><u>NARRATOR (V.O.)</u> A great way to be pro-active in enjoying your new life is to create a tradition for yourself.</p> <p>4</p>

VIDEO	AUDIO
<p>Lucy now walks down the street in FULL MARCHING BAND attire. She beats a giant BASS DRUM with one hand while blowing through a TRUMPET in the other.</p> <p>Lucy finally makes it to her destination: a PIZZA SHOP. She raises her arms in victory and walks inside.</p> <p>Inside the store, Lucy chomps away on a slice of pizza and a soft drink. Then she LEAPS into the air.</p> <p>Lucy lands among a CONCERT CROWD. Onstage plays a band in the background as she jumps and cheers with people around her.</p> <p>Out of the crowd come TWO GIRLS, sporting the SAME GLASSES as Lucy. They flank her on both sides and she notices how they're dancing and cheering the same way she is.</p>	<p><u>NARRATOR (V.O.)</u> We tend to think traditions have to have more than one person; that's not at all the case!</p> <p><u>NARRATOR (V.O.)</u> Celebrating a weekly or monthly event all for yourself is not only an excellent example of self-care, it can be a fun way to organize structure within your new life.</p> <p><u>NARRATOR (V.O.)</u> And the best part is it can be anything you like! Ranging from the small...</p> <p><u>NARRATOR (V.O.)</u> To the large.</p> <p><u>NARRATOR (V.O.)</u> And the more frequent you practice a tradition, the more likely you'll be able to try this next tip:</p>
<p>5 SCENE 5</p> <p>Onstage, the band ends a song with a flourish, and the lightshow behind them spell out the next sub-heading: "Meet Your New Home Halfway".</p> <p>Lucy now walks down the street with the two girls-LILA and LOLA on either side. They pass a BAR. Lila and Lola rush to go in, but Lucy stops in her tracks.</p> <p>Lila and Lola turn back at their new friend. Lucy looks</p>	<p>5</p> <p><u>NARRATOR (V.O.)</u> There may be no better way to beat homesickness than to reach out and find like-minded people you can connect with.</p> <p><u>NARRATOR (V.O.)</u> Now this part is important: finding new friends doesn't mean you have to force yourself into uncomfortable social positions, especially if you're an introvert.</p> <p><u>NARRATOR (V.O.)</u> A better way to think about this is to</p>

VIDEO	AUDIO
<p>across the street at a CAFE, then back to her new friends.</p> <p>Lila and Lola get the message. Together, all three friends skip across the street towards the cafe.</p> <p>In the large window of the cafe, the shadows of Lucy, Lila, and Lola can be seen sitting down with drinks, laughing and chatting. As they do, the sun shines over Lucy's new hometown. The title slides across the screen one more time: "5 Ways to Deal With Homesickness".</p> <p>ZOOM OUT reveals the title is on the back of Lucy's briefcase. Lucy reaches down to pick up the briefcase- and places it in a CLOSET, closing the door after it.</p> <p>As the door closes it reveals, "THE END" sprawled over it.</p> <p>END. CREDITS.</p>	<p>make yourself available for people, but only to a level you're comfortable with. Meeting them "halfway".</p> <p><u>NARRATOR (V.O.)</u> Give people the chance to get to know you, while also respecting the boundaries you need as you make your way through this new life of yours.</p> <p><u>NARRATOR (V.O.)</u> Above all, remember that being homesick is simply a natural reaction to missing the love and security of what you're used to. If you're feeling this way, give a few of these ideas a try.</p> <p><u>NARRATOR (V.O.)</u> You might surprise yourself!</p>