



How Can I Make Relocation Easier?

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You have a new job, you're moving to a new place – an adventure! Then why do you feel so anxious and apprehensive? New experiences can be scary, even if the change is one you've wanted and hoped for. The physical and psychological act of moving your life from one place to another can be stressful for both adults and children. Here are some tips that can help:

- Start planning as far in advance as you can. This will leave you time to deal with things that don't go as planned, or that pop up unexpectedly at the last minute.
- Find out as much as possible about the area you're moving to. The services of a relocation company or a real estate agency can provide a good deal of helpful information, as can the Internet.
- Keep in mind that most people have mixed feelings about moving. It's OK to feel sad about leaving your old home and also feel excited about moving into your new home.
- If possible, take at least one trip to your new destination before the move to check out your new neighborhood. If someone in the family can't go with you, take photos to help them start to develop some familiarity with their soon-to-be new home.
- When you pack, label every box clearly. Use bright-colored markers for the ones containing necessities you'll need immediately upon arrival.
- Make time to say goodbyes to the people important to you. You don't have to make any speeches; just let people know you've enjoyed being part of their community and that you look forward to staying in touch with them.
- Children have an especially difficult time parting from their friends, so try to have all the friends visit and take photos of them with your children. If possible, make plans for your child and a close friend to visit or have a Zoom call soon after the move.
- Glitches will happen, but they'll pass. Don't expect to have your new household running smoothly immediately. For a while when you arrive, go easy on yourself. Shortcuts (like take-out meals) and breaks (like going to a movie) can help.
- Give yourself time to settle into your new community. Explore your surroundings, let people know you're new to the area, and stay in touch with old friends to help you adjust.

Talk to someone who can help! To find a licensed psychologist near you, use PPA's Psychologist Locator at <https://www.papsy.org/locator>. For information on other mental health topics, go to <https://www.papsy.org>, then "Resources" and then "Public Resources". PPA offers these articles for informational purposes only; they are not a substitute for professional diagnosis and treatment.