



Three Tips To Relieve Relocation Stress

You may be among thousands of people who move every year. Everyone has their own decisions to make about this transitional time. Some people who move get stressed out because they haven't taken the time to evaluate, and make a plan for how to handle the impermanence, and perhaps uncertainty that occurs during change. You will go **FAR** in relieving relocation stress when you adopt these three quick tips:

F = Focus

Bring your attention to the tasks at hand. When you find yourself worrying about something you have no control over, take a breath and take a walk. It clears the brain and you can think better. Write down all the moving tasks you and your family have to do. Then delegate.

A = Accountability

Keep a cool and collected attitude and your stress level will stay down. Ask yourself, "Will my being upset make a difference in 10 years? In five? In one?" Then analyze your decision to move. Do you "want to" move or do you feel like you "have to." Make a list of the pros and cons. Explore how your family and friends will feel if you move. Check out the new community. You can travel on the Internet and get a lot of good information.

R = Reinforcement

After you make your decision to relocate — and there is no turning back — you should reinforce, support and bolster your choice. You can do that in a number of ways. One is to make an enticing picture in your mind of your move. Picture the new neighborhood you will be moving to. See the trees, the weather, how your house will look with your furniture in it, etc. Reinforce your decision by visualizing your excitement about this new adventure. Reduce your stress by telling yourself that everything will work out fine. Give yourself time to adapt to the new situation you are moving into. When you "accentuate the positive," you eliminate the stress. Make it as pleasurable as you can. Above all, realize that your move is a temporary time in your life. The most important thing you can do for yourself and your family is to look forward (not back) with a blueprint of your life in your new home and community.

Stress dissipates when we solve our problems instead of reacting to them. Use these tips to become solution-challenged not dilemma-obsessed and any moving problems will be resolved.

You can read more about how to acclimate and adjust to your relocation decision in the booklet, *Take The Stress Out Of Moving*, by Arlene Alpert by calling 561 -744-4988. E-mail: ALPERTIO@aol.com. It will help you to keep your focus, keep your concerns at a low level and assist you in reinforcing all the reasons why your move will be a most memorable experience.

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