

Title:

10 Relocation Tips To Keep Yourself Centered When Your World Is Spinning

Word Count:

625

Summary:

Ten tips for happy relocation (across town and around the world)

Relocation is stressful because you change more than your address. You'll begin to navigate a

Here are ten tips to a help you tune in to your inner compass when your world is spinning.

1. Ask, "Who am I? What do I need to be happy?"

The secret to a successful move depends on how you answer the question, "Can I still...

Keywords:

relocation,moving,transition,career change,life transition,stress

Article Body:

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Here are ten tips to a help you tune in to your inner compass when your world is spinning.

1. Ask, "Who am I? What do I need to be happy?"

The secret to a successful move depends on how you answer the question, "Can I still be me?~

To answer this question, write ten ^I am~ statements about yourself -- anything from ^I am a m

Before you move, ask yourself, ^How will this list change after I move?~ You may still be a do

2. Take a test drive.

When you buy a car, you don't just go around the block. You try the freeways and the rough roa

Considering a move to Seattle or Syracuse? Study the culture as if you were an anthropologist.

Most important, how do you feel? Did you develop new allergies, headaches or back pain during

3. Pack an emotional first aid kit.

Most hikers pack a first aid kit with sunblock, band-aids, and insect repellent.

For relocation you can pack

Coping phrases to repeat when you feel frazzled:

"Let go and relax."

"I can deal with this."

"I face the future with confidence."

Tapes of meditation and visualization (for unexpected bouts of anxiety)

Favorite photos of friends, family, places and pets (so you remember who you are)

Phone numbers of trusted confidantes (for moments when you really need to hear a familiar voice)

4. Develop ceremonies to honor your new life.

As you unpack boxes or begin a new assignment, play your favorite music and enjoy your favorite

5. Plan for downtime.

For the first few months you'll probably have gaps in your calendar. Maybe you had a standing

Plan to fill downtime with meaningful projects. I recommend taking on a challenging creativity

And I would add a physical activity, anything from weight-lifting at the gym to running marath

When you nurture yourself, you communicate strength and confidence to others. If you are seen

6. Take your time as you make new commitments.

Most newcomers need two to five years to make lasting friends. During your first six months, a

You won't know the hidden dimensions of joining. Once I eagerly joined a group, only to learn

7. Celebrate everyday life. Think small. A walk around the lake. A perfect cup of coffee in a

No matter what happens, you will find at least one pocket of joy in your new life...usually so

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