

# Moving on up

*Moving is never easy – but relocating for a new job is especially stressful. Not only are you going to be working in a new job, you'll be living in a new city. Here are some tips to reduce the stress of relocation.*

# # #

Relocating to a new city can be a stressful and arduous process. Leaving behind friends and family for new territory takes a lot of organization and bravery. On the bright side, there are many things to look forward to in a new place. If you carefully plan your move, it can greatly reduce the pressure and make relocating an adventure.

## **Road trip**

An important step in relocating to a new area is becoming familiar with your surroundings. Visit the area as many times as possible before you move. Drive around, explore new restaurants and do some shopping at local stores. The more familiar you are with your new location, the more at home you will feel after your move.

## **Analyze the costs**

Moving may change your budget – different demographics mean different costs of living. Do extensive research on the average cost of living in your new city. If you are moving to an urban area, expect to pay more for food, a vehicle, a mortgage and utilities.

## **Read the papers**

Subscribe to the local newspapers, or reading them online, is one of the best ways to get some inside information on your new town. If available, pick up some of the weekly lifestyle tabloids that contain information about the local arts scene. Local papers will fill you in on community news and gossip. You will also find postings for homes, festivals, activities and get-togethers – make plans to attend some. It will help keep blues of feeling alone at bay if you already have plans for a social event.

## **Check out the local chamber of commerce**

Although chambers host many social events, their primary purpose is educating citizens on community commerce. Your new city's chamber can assist you in discovering the various neighborhoods in a city, choosing a school district, and pairing you with a realtor. The local chamber of commerce can also introduce you to local business people.

## **Host a party**

A new location gives you endless opportunities to entertain. Ask your new co-workers, neighbors or people you met at one of the events you attended. Throwing a fun party for your new acquaintances is a great way to make friends.