

## **FIVE WAYS TO MANAGE STRESS WHEN MOVING ABROAD**

Moving home is often cited as being in the top 5 most stressful life events. If you're planning on moving abroad, this may be an exciting phase in your life, however, it does come with additional pressures. You're not only dealing with the logistics of international travel but you also have to plan a life in a new country. You may have to deal with customs which may be unfamiliar, and possibly even learn a different language.

A big move like this may seem daunting, so we've come up with our 5 best top tips for making the migration slightly less stressful.

### **1. PLAN AHEAD, STAY ORGANISED**

It always takes longer than you think to plan and organise a move. Planning is key - plan, plan & plan! Give yourself plenty of time to organise everything. The earlier you start the better. Start by making a list, and include timelines to help you keep on track.

### **2. INVOLVE YOUR FAMILY AND FRIENDS**

Ask family and friends for support. Whilst they may not be able to help with the logistics, having them there as emotional support can be beneficial.

Additionally, before you make the big move, be sure to plan some farewell get-togethers.

### **3. RESEARCH YOUR NEW COUNTRY**

Fear of the unknown may contribute to some of your tension and anxiety. Get to know your new country. Learn about the traditions, and if you have children, why not research the local schools and start making some enquiries. Enrol in an evening language course if the country to which you are moving speaks a different language.

#### **4. TAKE A BREAK**

It's so easy to get caught up in all busyness of moving and imagining your new life living overseas. It's important, however, to take a break and catch your breath to avoid "overload". Slow things down once in a while, take a walk, sit down and have a cup of tea or anything else which enables you to relax. Taking time for yourself will help avoid feeling overwhelmed.

#### **5. HIRE PROFESSIONAL MOVERS**

Hiring professional help can be a huge relief and help take some of the burden. Choose a company that focuses on international moves. Here at PSS all our staff and packers are specifically trained in international removals and shipping – many have lived abroad at some time in their lives and so have first-hand experience of the pressures of moving overseas.

If you're planning a move to a new country do not hesitate to contact us for a quote. Whatever your reasons for moving, here at PSS we strive to make your international relocation as stress-free as possible.

To get an estimate or quote call the PSS team