

Moving House & Mental Health



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*information correct at time of document creation.

FOR OVER 130 YEARS

Is Moving House Stressful?

Moving house is regularly voted as one of the most stressful life events you can experience, on similar levels to a divorce or grievance. In a recent study by Legal & General, 47% of participants experienced increased levels of stress because of moving.

So why would we put ourselves through this experience? Mostly because we either are desperate for more space or need less of it to take care of. We might want a change of scenery, or lifestyle, or have taken on a new job somewhere. Not many people move house on a whim, so this fairly rare occurrence can come with a huge set of emotional challenges.

There are a number of elements that can cause stress throughout the house-moving process, and lead to heightened levels of anxiety, lack of sleep, and arguments with those in the household. **The aim of this guide is to provide a clear understanding of what signs to look out for, how to manage and cope with stress** when moving house, and to remind you that you are not alone, and everyone moving house goes through something similar.



CAUSES OF STRESS

- ◆ Money worries
- ◆ Not having enough time
- ◆ Moving house admin
- ◆ Change of routine/change of house settings
- ◆ Feeling unprepared and uninformed
- ◆ Physical work packing/unpacking

How To Cope With Moving Stress

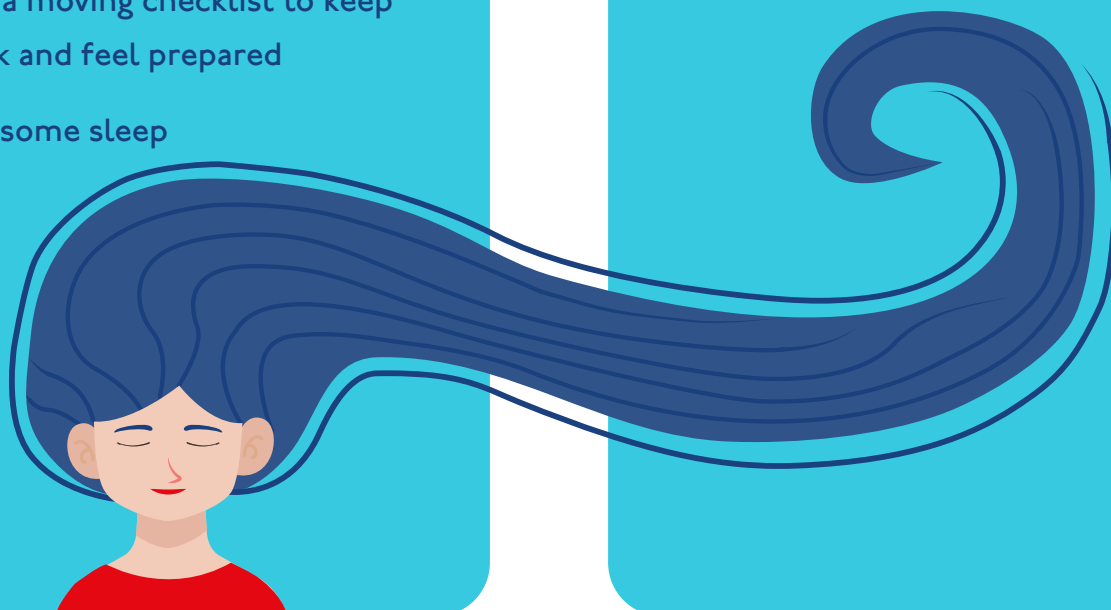
Everyone copes with stress differently, so there is not a one size fits all approach. However, we've pulled together a few tips that span across the more practical and actionable, as well as some that focus on mental well-being and providing a healthy mental space during your house move.

PRACTICAL TIPS

- ◆ Start packing as early as you can, but at a slow and steady pace
- ◆ If you are able to, use a storage unit or external stores like a garage to move boxes into as you pack
- ◆ Ask for help, you don't have to do this alone. If you have no options or need additional help, contact a removals company
- ◆ Use a moving checklist to keep track and feel prepared
- ◆ Get some sleep

WELLBEING TECHNIQUES

- ◆ Breathing exercises and meditation (try the Headspace app)
- ◆ Positive visualisation
- ◆ Fresh air
- ◆ Remember to eat, drink and sleep
- ◆ Listen to music
- ◆ Talk to someone



Identifying Moving House Stress Symptoms

It's true that most of us regularly experience some level of stress, or feel we can easily identify when we're feeling a bit anxious. However, over a prolonged period, such as that of a house move, those symptoms can begin to feel 'normal' and you may not be able to spot them as easily.

It's important for you to [mentally check in with yourself](#), and see if you're experiencing any of the listed symptoms regularly. If so, there's [no shame in seeking out help or advice](#) to better manage these symptoms.

There are a number of [free online services](#) you can access for useful guides or guided meditation, or if you'd prefer to speak to someone in person, [speak to your GP](#) who should be able to refer you to your local wellbeing service.



STRESS / ANXIETY SYMPTOMS

- ◆ Excessive worrying, or overthinking
- ◆ Unable to sleep or concentrate
- ◆ Overly irritable
- ◆ Headaches
- ◆ Stomach aches



RESOURCES & HELPLINES

- ◆ NHS audio guides
- ◆ Mind
- ◆ No Panic

How To Reduce The Stress Of Moving On Children

We know moving house is stressful for us, but if you have a young family, moving away can be a confusing and emotional process for them. Moving away from what they've known, their space, and possibly their friends. [So how do you reduce the stress of moving with kids?](#)

Most important is [keeping open communication that is clear and understandable for their age group](#). Let them ask questions, explain the facts, and reassure them. Try and keep them clear of any of the more stressful conversations you have to have (for example with mortgage providers, solicitors etc.), so they don't pick up on your stress.

[Make it as fun as you can](#). This will help both you and your family. Adding in moments of madness and giggles will help you all cope on the more stressful days. Give yourself a moment to have a laugh, have a boogie or make it a game.

TOP TIPS

- ◆ Talk it out, and communicate as clearly as possible
- ◆ Keep a calm environment, with moving stress kept as adult conversations
- ◆ Maintain routine as much as possible
- ◆ Have a visit to the new area ahead of the move

MAKE IT FUN

- ◆ Make a game of packing/bit of friendly competition
- ◆ Put on a great sing-a-long/dance-a-long playlist
- ◆ Take funny videos



Is Moving House Stressful For Pets?

The simple answer is **yes**. Except, unlike a child, you can't have a conversation with them to explain what is going on, and answer any questions they may have. So how do you limit moving stress on dogs and cats? There are a number of practical steps you can take to make the process easier, as well as a number of signs to keep your eyes peeled for that might mean your pawed pal needs a bit of reassurance.

STRESS SIGNS TO LOOK FOR

- ◆ Not wanting to eat or drink
- ◆ Not wanting to sleep
- ◆ Not wanting to explore the new house/hiding
- ◆ Excessive shaking, panting or pacing
- ◆ Tail between legs or ears downturned



HOW TO HELP

- ◆ Stick to their routine as much as possible
- ◆ Secure the house & garden for escape routes
- ◆ Have their favourite treats, bed and toys on hand
- ◆ Use a pheromone diffuser
- ◆ Take them to the area ahead of time for a few visits



Biggest Takeaways



You are not alone in feeling overwhelmed and stressed out.



It is not unusual to need extra help during this time, and there is help out there.



Pace yourself and regularly check in on your anxiety symptoms.



Keep a routine wherever possible, and remember to eat, drink and sleep.

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At Jelson Homes, we're extremely passionate about ensuring our customers (and those who follow our blog) are well informed, educated and interested in everything to do with their homes. You'll find a number of articles and guides in our news section that span through the moving house process, how to save money, or even how to make the most out of life in your new home. See what else you could take from <https://jelson.co.uk/news>