



# Spotlight On Health

## "I'm Stressed Out About Moving!"

Is your family moving this summer or do you know someone that is moving? It's normal to be scared, excited or even angry about moving to a different location. Moving is also not easy for adults. Whether you, a friend, classmate or neighbor is moving, it's important to understand how that makes you feel.

People move for many reasons. Some of these reasons include buying a larger home for a growing family, job transfers, or wanting to live in a different city. Worries such as "will I make any friends or find my way in a new school" are not uncommon. It's important to talk about these feelings with your parents. You will feel much better and they will be happy you shared your feelings with them.

Moving can also be an adventure. Maybe you will have your own room and new places to explore. It helps if you find out about the new place you're moving to. Is it a house or an apartment? Maybe you can look at it before you move there so you can see your bedroom. If you see kids around where you will live, say hi to them and introduce yourself. They could be future friends.

Check out your new school. Mom and Dad can usually arrange a visit to get you acquainted with it. That way, on the first day of school next fall, you will be able to find your way around. If you enjoy sports or band, find out what is offered at your new school and how to join in.

Packing up is a chore. A good idea would be to ask for a special box that will be labeled with your name. You can put your favorite things in it. It may be a good plan to put in your toothbrush, pajamas, sheets and pillow for your first night at the new house. You'll find that box easily because it will have your name on it.

When you are packed up, it's time to say goodbye to friends and neighbors. If you're moving to another city, grab an address book or paper so you can write down names, addresses and e-mails. Then you can keep in touch after you move. If you have a camera, take a picture of your friends, school and neighborhood. After

unpacking at your new house, you can make a scrapbook out of these or decorate a bulletin board.

When the moving day finally arrives, it's okay to feel a little sad, especially if you are moving to a different city. Parents feel sad too. Again, talk about your feelings with them. When you arrive at your new home, remember to grab your box of favorite things and start unpacking. It's great to keep busy. Once that's done and your familiar things are around the house, you will begin to feel at home. Little by little you will start making new friends in the neighborhood.

When you first go to your new school, you may feel a little scared, but you will meet new friends every day. Get involved with your new schoolmates by joining clubs, sports or after school programs and activities. If you are having trouble doing this, talk to your parents and ask them for suggestions. It's normal to feel a little stressed out about moving somewhere, but give it time. Soon you will begin to feel comfortable in your new surroundings. If you notice that there is a new boy or girl that has moved into your neighborhood or is new at school, be a good friend and make them feel welcome.

