

Red Flags someone may be suffering from Relocation Stress

MovingCoach.Pro



- Becoming anxious or fearful of new situations.
- Being reluctant to talk about the move.
- Finding excessive fault with new people or places, including the new home.
- Unwillingness to explore the new environment.
- Generalized withdrawal/unwillingness to participate in activities or events enjoyed prior to the move.
- Lack of commitment to the new home or environment/ unusual willingness to jump ship and leave the new home/environment and/or job.
- Romanticizing the pre-relocation environment—frequently talking about the previous environment and conditions in idealistic terms.
- Lack of desire or willingness to join neighborhood meet-ups, groups, clubs, or organizations in the new area.
- Increased incidences of adverse physiological reactions, illnesses, accidents or injuries, or worsening of preexisting conditions.
- Increased incidences of adverse emotional or psychological responses (depression, anxiety, nervousness, jumpiness, etc.).
- Increases in arguments or bickering among family members.

- Inability to regain normal sleep patterns and eating habits following the move.
- Disinterest, apathy or general lack of engagement with work projects or team members.
- Easily distracted, difficulty concentrating or staying focused and on-task.
- On edge, difficulty relaxing.
- Leaving the front door closed and drapes drawn when home.
- Reluctance to answer the door or take calls from numbers with the new area code.
- Using up unusually high numbers of sick days, vacation days, or personal time off.
- Increased aggression, including while driving.
- Increased consumption of alcohol or other substances (including prescription drugs).
- Preoccupation with what one perceives as “lost” due to the move.
- Excessive time spent on the internet or engaged in other activities that keeps one insulated and able to avoid interactions with new people and the new environment.
- Using phrases like “feeling trapped” in the new life circumstances, or repeatedly stating that the move was not one’s choice.
- Strong need to “fix” all problems in the new environment immediately; difficulty accepting any situation as “temporary”.
- Being remorseful about the move.
- Excessive complaining.
- Unusual sorrow over the separation from family, friends and activities in the previous environment.
- Decreased tolerance levels.
- Unusual sorrow over loss of the previous home.
- Frequent statements about not fitting in with the new neighborhood, area, region or workplace environment.