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Moving Guide

Don't underestimate the stress of moving

Moving can cause stress and anxiety for some people

By Eric Collins
Freelance Reporter

Dinah Steig learned once in a wellness seminar that moving is considered one of the biggest changes in life, ranking just below death, divorce and marriage.

Steig, the current operations team member at the Eugene branch of North American Van Lines, has certainly seen the stress and anxiety of moving take its toll on customers after 20 years of experience in the moving industry.

The stress comes right after she hands customers a checklist of moving items: change of address forms to send, water to shut down, electricity and gas to shut off, personal records to forward, packing arrangements to plan; and the list continues.

Whether it's stress, an identity crisis or depression, there are many emotions experienced during a move. Regardless if one is graduating and uprooting to a new part of the country or just heading home for the summer, one is bound to feel emotional about moving.

Steig knows all about stress and how to alleviate it: planning.

Before moving to Eugene three years ago from Fort Wayne, Ind., Steig took six

months to plan her move. Even then she was still packing clothes at the last minute. "It was lists, lists, lists everyday," she said. "If you have that much time ahead, that'll keep your stress level down."

But stress isn't the only emotional factor associated with moving. There are broken ties with friends, questions of identity and the loss of structure in life.

Dr. Mark Evans, a psychologist at the University Counseling Center, said one of the factors in

moving that many people forget about is the loss of structure in life. The routines of life get lost, friends must be left behind and many people often get depressed, he said.

"When we move we lose a piece of ourselves," he said.

That's why Evans advises movers to set aside enough time to say goodbye to close friends. Friends can help lend a hand in moving as well as easing the transition.

In a pamphlet given out by North American Van Lines, clinical psychologist Dr. Victor L. Rebman suggests visiting the new place of residence before the move to ease the adjustment. He also advises movers to keep in touch with friends with

whom they can communicate their frustrations and anxieties. He reminds movers that it can take up to 18 months for some families to adjust to new surroundings before finally feeling "at home."

But moving back home can be just as stressful as moving one's "home." Tim Womack, first year Riley Hall resident director, said his residents are beginning

"When we move we lose a piece of ourselves."

Dr. Mark Evans
University Counseling Center

to think about the June move with trepidation.

It's the "you've grown up but your parents

don't know it" conflict, he said, which has the potential to be stressful and sometimes catches students off guard.

The University has made an effort to prepare residence hall students for the potential parental conflict through presentations. Womack said the conflict can be lessened if the student is prepared for it.

Womack's international students are dealing with future parental as well as societal changes. Many of the women will return to societies where they will experience culture shock, he said. While they have learned to become very vocal in America, they will return to societies where they

are not expected to be as vocal.

In India, for example, women commit to arranged marriages and are not allowed to date, but Indian residents have been free to date at will in America, he said.

"I'm fully prepared for it to be a rocky, emotional time," Womack said.

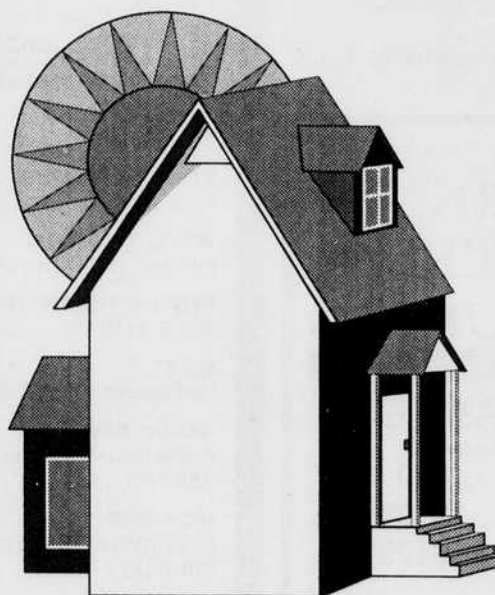
Evans said University students can take advantage of the Counseling Center's drop-in clinic hours 8 a.m. to 5 p.m. Monday through Friday to either discuss their feelings in a one-time setting or to begin ongoing consultations.

'Moving' things to think about

- Give yourself enough time to move and always expect the unexpected to happen.
- Consider what support you need, whether it be money or an extra hand.
- Acknowledge the adjustment of moving...depression is normal when the routines of life are lost.
- Make enough time to spend with close friends before saying goodbye.
- For more information, check the Counseling Center Web site.

SOURCE: Dr. Mark Evans, University Counseling Center

AVERAGE PRICE OF OFF-CAMPUS LIVING SITUATIONS



• electricity cost not included • furnished \$10-39 higher

Unfurnished apartments	Range	Average
Quads (utilities incl.)	\$275-\$350	\$300
Studio	\$275-\$450	\$425
1 bedroom	\$350-\$495	\$420
2 bedroom	\$450-\$650	\$550
3 bedroom	\$600-\$950	\$850
Houses	Range	Average
Studio Cottages (rare)	\$350-\$575	\$450
1 bedroom (rare)	\$395-\$525	\$450
2 bedroom (semi-rare)	\$550-\$795	\$650
3 bedroom	\$625-\$1100	\$895
4 bedroom	\$900-\$1500	\$1200
5 bedroom	\$1000-\$1625	\$1375
Housemate	\$160-\$375	\$295

Source: Rates provided by the Rental Information Office, Suite 5, EMU Ground floor

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