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Special Section

Moving Guide

Don't underestimate the stress of moving

By Eric Collins
 Freelance Reporter

Dinah Steig learned in a wellness seminar that moving is 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; the list continues.

Whether it's stress, an identity crisis or depression, there are many emotions experienced during a move. Regardless if one is 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 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 every day," 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 get depressed, 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 reminds movers that it can take up to 18 months for some families to adjust to new surroundings before 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 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.

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.



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