



thriving relocation

# TOP 10 SECRETS OF *Relocation Happiness*

## 1 Get support

Starting over in a new place is a massive undertaking. It's time to rally all the support you can get, not try to brave through it on your own. Be intentional about setting up support systems in your new location, both practically and emotionally – including childcare, a career transition mentor, a coach or therapist, other newcomers, and relevant online communities. *support*

## 2 Don't give up

Life in your new place may seem to get worse before it gets better. The research shows that a period of disillusionment - wanting to give up and go back home, or thinking you made a huge mistake – is a natural part of the process of adjusting to your new life and new location. It does get better! Keep your focus on what you want your life to be like, and celebrate each small success along the way. *vision*

## 3 Prioritize your health

When we're busy and under stress, often the first thing to go is our wellbeing habits, like exercise, healthy eating, sleep, and spending time with friends. The irony is that this leaves us less equipped to handle the stress we're facing. Take care of your health first, and you'll be able to handle everything else. *wellbeing*



## 4 Get connected

It's easy to get consumed with unpacking and setting up your home when you arrive, but isolation can sneak up quickly. Make sure to balance your practical tasks with making new connections and getting to know your new place. Get out of the house every single day, strike up conversations, find activities that interest you, and say yes to social opportunities. *connection*

## 5 Do something for yourself

This move may not have been centered around your career, but it doesn't mean you can't be in the driver's seat of your own life. Clarify your goals, both professional and personal, and take the first steps towards them in this new context. Make time for activities and hobbies that you love – things that bring you joy and makes you feel alive. Your happiness will have a ripple effect on the whole family. *purpose*





6

## Keep in touch

When you move away, it's common to feel sadness and guilt about the family and friends you've left behind. Find new ways to be there for your loved ones to keep your connection strong. The benefit is mutual: your loved ones get to keep your friendship and support in their life, while you enjoy the deeper connection of long-standing relationships and have built-in support as you start this new chapter of your life. **roots**

7

## Cultivate positive thinking

Without conscious attention to our thoughts, our minds can easily spin into a negative spiral of judgement, fear, and negativity. Instead, choose to take control of your thoughts. Form positive mental habits by acknowledging what you've accomplished so far and committing to a daily gratitude practice. When challenges come along, look for the opportunity (and humor) in them. Our thoughts have incredible power to shape our experience. **mindset**

8

## Do your homework

Get to know the basics of the culture, politics, and geography of your new place. You'll be less likely to make embarrassing cultural faux pas, and understanding the people you're meeting will help in forming new connections. Then continue learning through language and culture courses, great books, and getting to know the locals. **passion**

9

## Let go of comparing

Comparing cultural nuances can be an enjoyable curiosity, but continually focusing on how your new place doesn't live up to your old life will poison your experience and you'll miss out on the opportunities in front of you. Every place has its own advantages and challenges, and they come as a whole package. Enjoy the unique and wonderful things that make this place what it is. **gratitude**



10

## Have fun

There's no getting around it – moving to a new place presents plenty of challenges. But if you aren't enjoying the process, what's the point? Put the stress aside now and then to enjoy your family, turn up the music, and do something you love. Reflect with your family on funny experiences encountering the new culture, and learn to laugh at yourself, too. Enjoy each moment – that's all we have! **joy**

## Support for your Relocation

Thriving Relocation helps relocating families enjoy smoother transitions and build thriving lives around the world.

Learn more at [www.thrivingrelocation.com](http://www.thrivingrelocation.com)

