

# Dealing with the Stress of Moving Out/Leaving Home



*Most people move out of the family home and set up their own place during their late teens to late 20s. It's common to be a little unsure when you make a decision to leave home. Whether you choose to move or your circumstances force you to move, steps can be taken to lessen the stress in order to find a place that is safe and comfortable to live.*

## What Are The Stressors?

- When a young adult is forced to move out of his/her parent's house for the first time it can be both overwhelming and devastating.
- Sometimes young adults move out because parents leave the area in order to get or keep a job.
- Sometimes young adults move out because they disagree with parents.
- Often the student must face the fear of being alone.
- Financial concerns are often uppermost.
- Fear of the unknown is huge.

## What to do: Suggestions from students who have moved out/left home

- Decide what you can afford in a safe neighborhood – a room or an apartment.
- Find a compatible roommate. Consider interests, job and working hours, and social lifestyle.
- Set a budget.
- Have a back-up plan in case of unforeseen circumstances. Consider parents, elderly family members, and friends.
- Look for furniture in: second-hand furniture stores, garage sales, flea markets, Salvation Army store, or thrift shops.
- Find out what utilities (electric, phone, internet service) cost. Plan for these expenses.
- Purchase renter's insurance on your belongings.
- Find and talk with others in the same situation.

- Read wise counsel:

Everyone's Money book on Financial Planning, by Jordan Elliot Goodman, 332.024G in BCCC Library

First Comes Love, Then Comes Money, by Larry M. Elkin- 332.024E in Bucks Library

Personal Finance, videocassette – 332.024P in Bucks Library

### **Visit helpful websites:**

<http://www.moneymanagement.org>

<http://www.reachout.com.au> - Look at right side, click on "Managing Independence."

**To talk with a Bucks Counselor, call 215.968.8189 or email  
[counseling@bucks.edu](mailto:counseling@bucks.edu) to schedule an appointment.**

**It's FREE and confidential.**