

Dealing with Moving

Moving can create some strong emotions, especially when you are in school. It's a big adjustment that most teens have little control over. Below is a coping strategy that can help you plan and deal with the stress of moving.

1. Make a "Pro/Con" list for moving - "Pros" are the reasons you wouldn't mind moving and Cons are the reasons you don't want to move.
2. For each "pro," make a plan for how you will make it happen.
3. For each "con," make a plan for tackling the issue.

Pros

I can make new friends.	I can invite neighborhood kids over to get to know them. I can look up clubs to join so I can meet people who like the things I like.

Cons

I don't want to leave my current friends.	We can still text each other. We can plan to meet on Zoom or Google Meet once a month.