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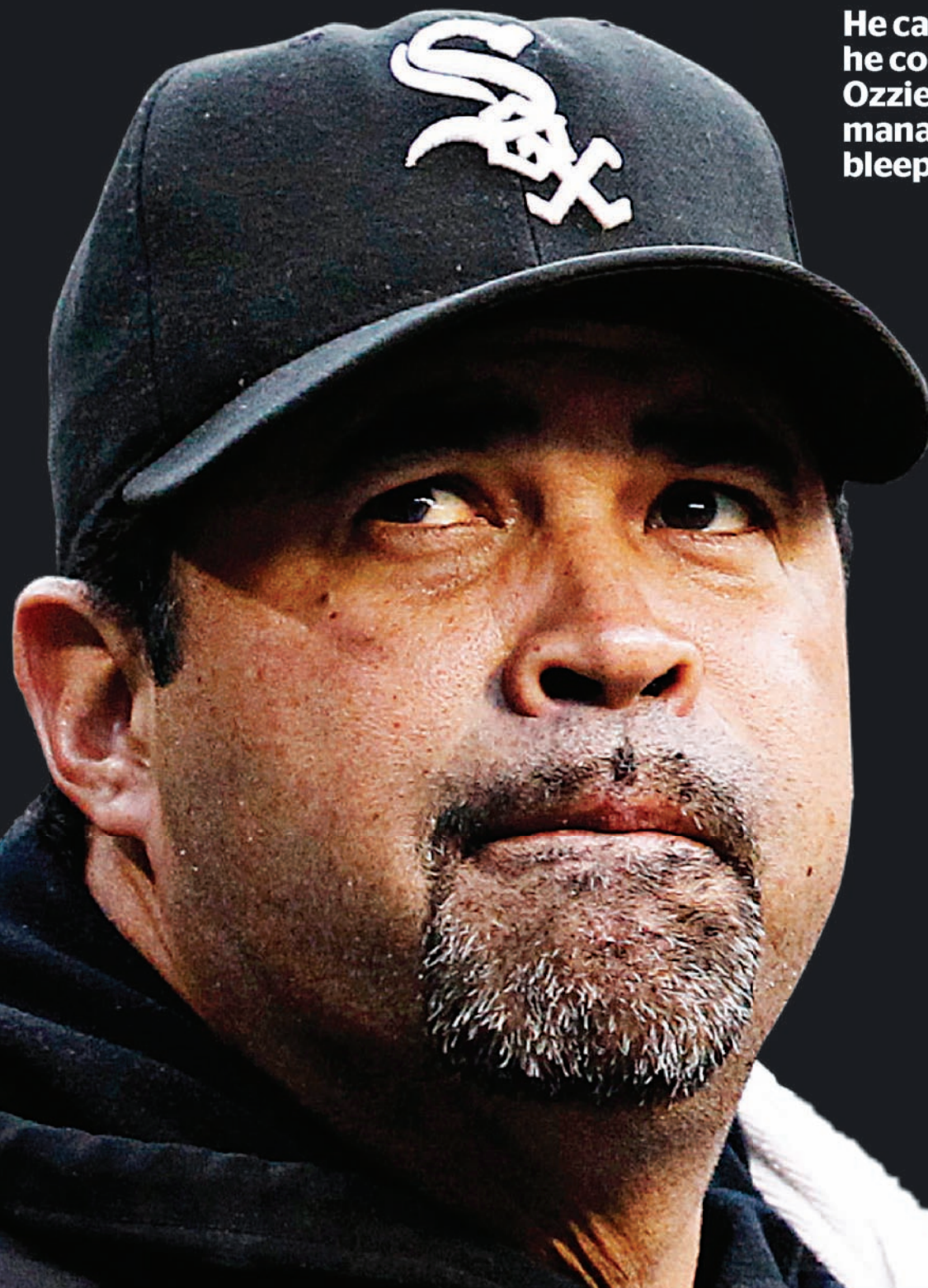
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HE GONE

He came, he swore,
he conquered.
Ozzie Guillen has
managed his last
bleepin' Sox game **13**



Think your drive is bad? **3**

Move and live to brag about it **6**

No prison for Blago—yet **9**

HAUL STARS

Don't sweat it: Moving day doesn't have to be horrible

By Georgia Garvey | REDEYE

You haven't liked it, but you've done it.

You've bribed friends with pizza and beer, you've lugged boxes up flights of stairs, cursing your decision to take the studio on the fifth floor in a building with no elevator. You've gone in to work the next day with sore, aching muscles and lived for weeks out of cardboard boxes labeled "bedroom" as you mustered up the courage to finish putting everything away.

You've moved. And it probably was hellish.

"Moving is absolutely stressful," said Howard K. Weissman, a psychologist and clinical director of The Chicago Stress Relief Center. "According to a lot of the different stress polls that come out on a regular basis, moving is even above illness or divorce [in severity]." Moving "may be one of the most stress-producing experiences" for families, according to a 2006 fact sheet from the American Academy of Child and Adolescent Psychiatry.

And it's definitely that time of year. Oct. 1 is one of the two biggest moving days of the year (the other is May 1), according to experts. Sarah-Jayne Ashenurst, a sales manager for New City Moving, says Oct. 1 has been booked solid for three weeks for the Chicago-based moving company.

"You have a lot of people who have fall leases coming up," she said, and "October 1 is the day for people who have been hanging on for a while to get out."

As the moving activity evolves into a whirlwind, stress shoots through the roof too, Weissman said. "For some people, even thinking about the concept of moving can cause stress levels to rise," he said. Weissman counseled battling "the frenetic energy that builds up" by taking time to breathe, relax and plan. "There's a certain amount of emotional and stress hygiene that's necessary."

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LOW-STRESS MOVING GUIDE

In preparation for the big day, RedEye accumulated a panel of moving "experts," including movers, real estate agents and a woman who has moved 15 times in the past 10 years, to weigh in on the process and how to improve it. Moving will never be easy, they admit, but it doesn't have to be soul-crushing. *G.G.*

1 What's the most stressful part of moving?

2 Are there more stressful times to move? Or more stressful types of moves?

3 Is there anything in moving that's a waste of money—or money well spent?

4 What's the biggest moving mistake that people make?

5 What one thing should everyone do to improve their moving experience?





AMY LEON

35, River West resident who's moved 15 times in the past 10 years



MATT HICKS

Real estate agent at Chicago Apartment Finders



SARAH-JAYNE ASHENHURST

Sales manager at New City Moving



BILL CHERNE

Interior designer for Design Inside



KAREN V. PETERSON

Realtor in the gold coast office of Coldwell Banker

Probably just the organization of getting from one place to the next. I actually have it down to a science.	Everything! Birth, marriage, death, moving: Those are the big ones. You are changing where you go every day. Everything, it's changed, and that is stressful and chaotic.	That's something I actually think about a lot. I think what it is is the change in routine. There are a lot of little things that are going to throw you off for a little while.	It's just the fact that your life is uprooted. You're looking for that new apartment. You're hoping your lease ends up on the right day. And you've still got normal, everyday life going on.	It is really more emotional. You're picking up from everything that's familiar to you [and leaving]. You're placing yourself in a totally new, in most cases, environment.
I would think the most stressful time is when you're moving close to a holiday. You can't get rid of a holiday. You still have family that are pushing and pulling, [asking] "When are you going to see me?"	The most stressful is probably the short-term [move]. Either you got hired for a job or you have to move in two weeks. Or breakups, any kind of abrupt change moves.	One of the stressful parts about moving is things change all the time. If you can move at a time [of year] when your mover has a lot more flexibility, you are going to have stress reduced.	One of the most stressful times to move is winter, because you've got snow. I know whenever we're doing furniture deliveries, winter sucks. You can't park on the street. Everything's slushy. You can't wear gloves.	When employers sponsor a move like this, a corporate move, [they expect] that you are in work and ready to start your new responsibilities the next day, with no sensitivity to what you're going through.
This is going to sound like I have money to throw away and I don't. I had a company move me. The stress of packing up your house was gone. It was the best thing I have experienced in my life.	A thousand times over: Renter's insurance. The landlord's insurance won't cover your stuff, it will cover the apartment. It's just wicked cheap for the year. That's just a smart way to protect yourself.	The one thing that I really like to see people spend their money on is having movers pack their fragile items. [A waste of money is] those big flatscreen TV boxes, they're like \$100.	I think movers are money well spent if you can afford it. [Your stuff] just magically appears. If you've got a lower budget [consider renting] a 15-seat van. Just take it for 24 hours and do a bunch of trips.	[Hire someone to do] space planning. [They] lay out a floor plan, measure it, go to your new location [and] tell you exactly where everything should be placed. It just takes so much stress out of a move.
Not being organized. Not knowing what's in what box. Not having any sort of system. [Or] not doing the research on who's moving them. Complaints are a dime a dozen, but when you see a majority of the people saying, they were awful.	People's expectation of these "unicorn" apartments [with everything]. It probably exists, but your statistical probability of finding it is really low. [Also,] limiting where you're looking [to] Lakeview, Lincoln Park.	The biggest one is probably procrastinating. As soon as you know that you're moving, get a mover. [If you wait,] it's never the time you want. That means hitting traffic.	[People who want to] start from scratch [design-wise, throwing away their old stuff.] They don't realize they're going to be three months without new furniture in their new place. You do have to bring over a dresser, a bed frame and a couch.	Not organizing: [Go] through closets and storage spaces [and eliminate junk]. At the very outset, organize yourself, even if it means making lists. And break it out into manageable activities.
I'm going to sound repetitive, [but] be organized. If you're organized, it takes a little bit of the stress off.	It's a long, hard day. You're gonna get snippy, you're gonna get sweaty. You have to know when to take that time out. You just have to know that it's stressful and crazy and hard.	You want to be thorough. Asking a lot of questions from your mover up front is a really good idea. Read your contract. Ask every question you can think of.	Budget for expenditures. You're not going to have a kitchen, so you're going to spend a few days eating out. It's five bucks here and ten bucks there, the next thing you know, your run to Home Depot is \$300.	I would also say to pack intelligently. It helps to pack one room at a time, and labelling all boxes. For each room you'll probably have one to two boxes with essential items. Label [them] "open first."

ANSWERS EDITED FOR SPACE

