



## **THE 3 STRESSES MOVING CAN CAUSE: A GUIDE HOW TO AVOID THEM!**

Our bodies are constantly being exposed to stress. Under normal conditions the body is capable of making the necessary changes to overcome most stressors. However, when our bodies are bombarded with above normal levels of stress such as moving house, they become susceptible to illness and injury.

Planet Space has teamed up with chiropractor Jake Smith, to bring you some invaluable advice on having a smooth move without breaking your back!

The three most common forms of stress are chemical, physical and mental. Unfortunately when moving house, we are exposed to all three.

**Let's talk about chemical stress.** What's the first thing most people do before they move into their new home? Clean and paint. Most of the products used to do these chores contain harsh and toxic chemicals. Recently I painted a wall in my home with organic paint. The difference was amazing. Normally when you paint a room, it stinks for days. I did not even notice a smell while painting. There are also organic cleaning products, once you have tried them, you will know the difference. Also remember to keep the windows open while cleaning or painting, this will help reduce your exposure to these chemical stressors.

**What about physical stress?** When moving house you will be kneeling, bending and lifting heavy objects, often while contorting your body in strange positions. Have you ever had to carry a three metre sofa up nine narrow flight of stairs because it didn't fit in the lift? Again, this puts you at risk of injury. My advice is to let the professionals do it. They can do it in half the time with less injury to your possessions or your home. If a moving company is not an option, here are some tips to help you avoid injury:

1. Always bend at the knees, never at the waist.
2. Never lift and twist at the waist. Turn your whole body.
3. When unpacking boxes place the box on a countertop or table to avoid unnecessary bending.
4. Stretch every hour. Below are some simple stretches that can be done anywhere.

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**Now the biggie: emotional stress.** Besides the actual move itself, there are a multitude of other things to worry about. Electric, gas, water, schools for the children etc.

Here are some tips to help relieve the stress of the move:

Have a clear out!

Once you know you are going to be moving house, have an initial clear out of possessions. This has a dual purpose: firstly, it makes the idea of actually moving out of your house a reality and secondly, it will make packing up your remaining possessions much easier. Moving house is a chance for a fresh start in a new environment and so getting rid of the possessions that weren't needed in your old house and which only served to make a mess, reinforces this change. Bring any quality items to one of the charity collections at Planet Space.

Do a Packing List

Number each box, record what is in each one and which room it is to go in. This will make unpacking the other end much simpler. Pick up a blank packing list from Planet Space.

Relax

In the build-up to the move itself, make sure you get some early nights and start to eat and drink healthily. Having only a few hours of sleep a night, combined with junk food and unhealthy drinks will only lead to increased irritation and unneeded stress for all the family.

Don't Do it all Yourself

Many people choose to move their belongings to the new house themselves by hiring a van for a number of days. The hired van can often be too small and thus entail many journeys between the houses or it can be too big and be a nightmare to park (especially if you have no experience at driving a van)! It is a much better option to leave the hassle to a professional company. This will greatly reduce the stress of the move and will probably entail fewer breakages as well! Planet Space can provide both packing and removals services or can rent you a van if you still want to do it yourself.

**GIVE US A CALL TO HELP US HELP YOU AVOID ANY BACK PAIN!**

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