



**THE EXPAT'S GUIDE**

**WELL-BEING**



## **Moving to a new country?**

**Amidst all the excitement of such a big move comes other, less obvious, challenges such as maintaining your mental well-being and physical health in a foreign land.**

**In this guide, we'll highlight some of the important things about your well-being you should take note of as a new expat or expat-to-be.**





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A woman with long dark hair is sitting in the passenger seat of a car, smiling and holding up a smartphone to show a picture of a lake to two other people. The car's interior, including the dashboard and rearview mirror, is visible. The background shows green trees outside the car window.

# EVERY LITTLE THING COUNTS AFTER A BIG MOVE

The first thing you need to know is that it's not unusual for an expat to feel stressed, anxious, or even depressed after moving to a new country. The second thing is that these things don't usually happen overnight and are often a cumulation of multiple, smaller factors adding up over time.

Thus, it's important to be able to identify potential stressors so you can seek support early.



## Here are some things to watch out for:

- **Culture shock and language barriers.**
- **A sense of loss of independence.**
- **A loss of established support systems.**
- **Feelings of anxiety, nervousness, or isolation.**
- **Changes in energy levels.**
- **Difficulty concentrating or making decisions.**





# TAKING CARE OF YOUR MENTAL HEALTH

Some expats might feel lonely or sad while settling in, especially if they've yet to form a reliable support system in their new home. While this usually passes after making new friends and getting into a new routine, it's always good to know when some extra help might be needed. For added peace of mind, consider getting insurance that also covers mental health services.



## Tips for staying mentally healthy:

- **Keep a piece of home**
- **Stay connected to loved ones**
- **Limit your social media use**
- **Integrate in your new home**
- **Connect with other expats**
- **Avoid unhealthy habits**
- **Exercise often**
- **Manage your expectations**
- **Be honest with others about your mental health**
- **Seek professional help if needed**

**If you're moving with your family, they can also be affected by the move.**

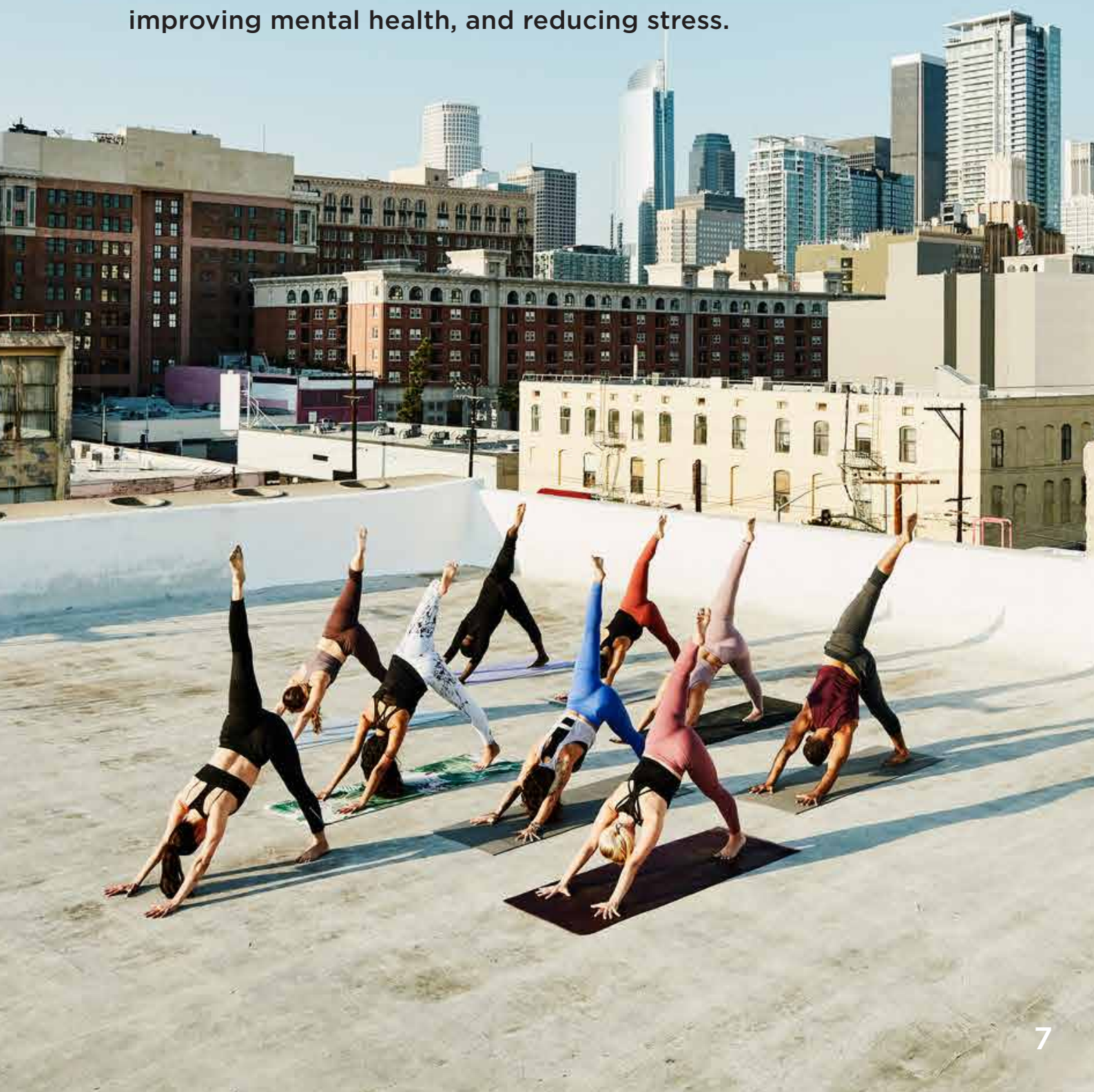
Keep an eye out for your children having difficulties integrating into a new school system or your partner feeling isolated living in a new country. It's going to be a big life change for the entire family and the stressors that affect you can also affect them.





# STAY ACTIVE, STAY HEALTHY.

From outdoor sports to indoor gyms, there are many ways you can stay healthy and happy in your new home country. Use this move as an opportunity to try a new sport, make new friends, or even get that six-pack you've always wanted. If you need more reasons, remember that recreational activities are also beneficial in lowering blood pressure, fighting obesity, improving mental health, and reducing stress.





## Getting started:

- **Check if your company or insurance plan has any gym membership subsidy or reimbursement programme.**
- **Joining a team sport is a good way to make friends.**
- **Ask your colleagues or other expats for recommendations on a new activity to try.**
- **If you have access to hiking trails or national parks, getting out of the city and into the great outdoors is a good way to relax.**
- **Remember to check your insurance coverage before you embark on high-risk sports or activities.**





# ALTERNATIVE TREATMENTS

Most countries offer complementary and alternative treatment (CAM) methods alongside traditional medicine, although they may not always be regulated or covered under state insurance.

If you're planning on exploring some of these treatments, try to get a recommendation from a credible health organisation or someone you trust. Find out as much as you can about the practitioner's training and experience and don't be afraid to arrange for an appointment to find out first-hand if they're right for you.

Examples of complementary and alternative treatment include:

- **Acupuncture**
- **Homeopathy**
- **Chiropractic and osteopathic medicine**
- **Herbal medicine**
- **Electromagnetic therapy**
- **Hypnosis**





# MOVING WITH CHILDREN



If you're making the move with your kids, bear in mind that they may not always understand the reason for it and might be upset at being away from their friends and family members. Including your children in the planning and moving process will also help them feel valued and it can serve as a good family bonding activity.





## Tips for moving with kids



**Be transparent and talk to them about why you're moving.** Keep them informed of the process to help make the transition smooth for them.



**Buffer time for the unexpected.** Allocate some extra time for unplanned delays or hiccups that might occur during the move.



**Involve them in the move.** Enlist their help in packing up and you can even ask them to help choose their new home.



**Research schooling options.** International schools might offer some consistency with their current curriculum, but local schools can give them unique experiences they can't get anywhere else.



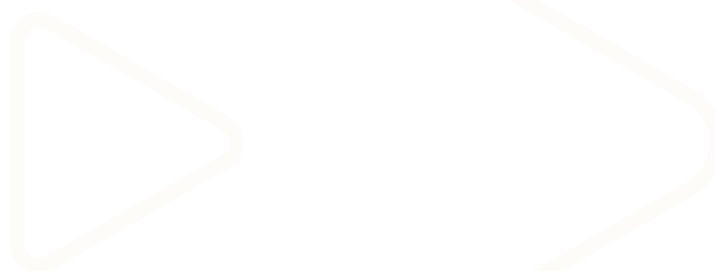
**Connect with other parents.** They can help recommend schools and activities and might even have similar-aged children for your kids to make friends with.



## LOOKING FOR MORE INFORMATION?



Visit the [Inside Expat Health](#) hub for country-specific guides, videos, and additional resources to help you make moving to a new country a smooth process.







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