

Symptoms of relocation depression

The symptoms of relocation depression are the same as the symptoms of depression.

As per the DSM-5-TR, symptoms of relocation depression include:

- changes in your appetite (either increasing or decreasing)
- difficulty concentrating
- feeling sad, numb, or hopeless
- irritability and increased anger
- loss of interest in your usual hobbies and passions
- loss of interest in socializing
- physical aches and pains that are otherwise unexplained
- sleeping too much or too little
- thoughts or plans of suicide or self-harm

You might also experience feelings of regret about your move. You might second-guess your decision to relocate or doubt your ability to adapt to your new circumstances.

Is it relocation sadness or depression?

Just because you're feeling down after a move doesn't mean that you have a depressive disorder. However, it's possible to experience clinical depression because of a relocation.

The difference between sadness and depression is that depression is persistent. It can only be considered depression if the symptoms:

- are present for at least 2 weeks

- negatively affect multiple aspects of your life, making it difficult to function

Regardless of whether you're experiencing full-blown relocation depression or some post-move blues, you can benefit from speaking with a mental health professional.

Who is most at risk for relocation depression?

There's not enough research to determine who is more likely to experience relocation depression specifically. However, certain factors can increase your risk for clinical depression.

For example:

- **Identity:** The risk of depression for transgender people is nearly [4 times](#) that of cisgender people.
- **Genetics:** If you have a family history of depression, you're [more likely](#) [Trusted Source](#) to develop it.
- **Vitamin D deficiency:** [Studies](#) [Trusted Source](#) have linked depressive symptoms to low levels of vitamin D.
- **Substance misuse:** Research suggests that people who have a substance use disorder are [more likely](#) to have depression.
- **Physical illnesses:** Depression is associated with other chronic medical illnesses, such as [heart disease](#) [Trusted Source](#) and [cancer](#) [Trusted Source](#).

With that said, anybody can experience relocation depression.

3 ways to manage relocation depression

Psychotherapy

[Psychotherapy](#), also known as talk therapy, is one of the [most effective treatments](#)[Trusted Source](#) for depression. It involves discussing your experiences, thoughts, and emotions with a trained professional. Through talk therapy, you can learn skills to help you cope better.

Many different types of psychotherapy can be used to address depression, including [cognitive behavioral therapy \(CBT\)](#) and [psychodynamic therapy](#).

Medication

Numerous kinds of [medication](#) can be used to treat depression. [Antidepressant medications](#) must be prescribed by a doctor who will determine whether medication is suitable for you. They will also determine which medication will likely be best for you.

Medication can be used alongside talk therapy to treat depression and other conditions.

Self-care strategies

Research-backed self-care strategies for depression include:

- getting [enough sleep](#)[Trusted Source](#) each night
- eating [balanced, nutritious meals](#) to support your brain and body
- engaging in [exercise](#) several times a week
- practicing [meditation](#) regularly

- spending time in nature to [boost your mood](#) Trusted Source
- journaling and engaging in creative hobbies
- reducing alcohol and drug use

Often, moving can shake up our usual routines. You might lose habits that support your mental health, such as regular exercise and a good sleep pattern. Getting back into those routines might be helpful. If you haven't established those habits in your new environment yet, it's never too late to start