

# Surviving Away From Home: A Comprehensive Guide to Navigating Life on Your Own

Moving away from home is a significant milestone in life, and it can be both exciting and daunting. For many young adults, it is their first experience living independently, and they may feel overwhelmed by the challenges of finding housing, managing finances, and taking care of themselves.

This comprehensive guide will help you navigate the challenges and opportunities of living on your own. We will cover everything from finding housing and managing finances to building a support system and taking care of your well-being.



## Where's Mom Now That I Need Her?: Surviving Away from Home by Betty Rae Frandsen

★★★★☆ 4.8 out of 5

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## Finding Housing

Finding housing is one of the first challenges you will face when moving away from home. There are a few things to keep in mind when looking for an apartment or house:

- **Location:** Where do you want to live? Consider your proximity to work, school, and other amenities.
- **Budget:** How much can you afford to spend on rent? Be sure to factor in the cost of utilities and other expenses.
- **Size:** How much space do you need? Consider the number of bedrooms and bathrooms you need, as well as the size of the living area.
- **Amenities:** What amenities are important to you? Some apartments and houses come with amenities such as a pool, fitness center, or laundry facilities.

Once you have considered these factors, you can start your search for housing. There are a few different ways to find apartments and houses for rent:

- **Online listings:** There are a number of websites that list apartments and houses for rent. Some popular websites include Zillow, Trulia, and Craigslist.
- **Local newspapers:** Many local newspapers have classified sections that list apartments and houses for rent.
- **Real estate agents:** Real estate agents can help you find apartments and houses for rent, and they can also negotiate the lease on your behalf.

When you are looking at apartments and houses for rent, be sure to ask about the following:

- The rent
- The security deposit
- The lease term
- The utilities that are included in the rent
- The parking situation
- The pet policy

Once you have found an apartment or house that you like, you will need to fill out a rental application. The rental application will ask for information such as your name, contact information, employment history, and rental history. You may also be asked to provide a credit check and a background check.

If your rental application is approved, you will need to sign a lease. The lease is a legal contract that outlines the terms of your tenancy. Be sure to read the lease carefully before you sign it.

## **Managing Finances**

Managing finances is one of the most important aspects of living on your own. When you are living at home, your parents may have helped you with your finances. However, when you move out on your own, you will be responsible for managing your own money.

The first step to managing your finances is to create a budget. A budget is a plan that outlines how you will spend your money each month. When you create a budget, you will need to track your income and your expenses.

Your income is the money that you earn from your job or other sources. Your expenses are the costs of living, such as rent, food, transportation, and entertainment.

Once you have created a budget, you will need to stick to it. This can be difficult, but it is important to be disciplined about your spending. If you stick to your budget, you will be able to avoid debt and save money for the future.

Here are a few tips for managing your finances:

- **Track your income and expenses:** Use a budgeting app or spreadsheet to track your income and expenses.
- **Create a budget:** Once you have tracked your income and expenses, you can create a budget that outlines how you will spend your money each month.
- **Stick to your budget:** It is important to stick to your budget as much as possible. This can be difficult, but it is important to be disciplined about your spending.
- **Avoid debt:** If you can, avoid getting into debt. Debt can be a major financial burden.
- **Save money:** Once you have created a budget and are sticking to it, you can start saving money for the future.

## **Building a Support System**

Building a support system is essential for living on your own. A support system is a group of people who you can rely on for help and support. Your

support system can include family, friends, roommates, and even neighbors.

There are many benefits to having a strong support system. Your support system can provide you with emotional support, financial support, and practical help. They can also help you to feel more connected to your community.

If you are moving to a new city, it is important to make an effort to build a support system. Here are a few tips:

- **Join social groups:** There are many social groups that you can join, such as hiking groups, book clubs, and volunteer organizations. Joining a social group is a great way to meet new people and make friends.
- **Get involved in your community:** You can get involved in your community by volunteering your time or attending local events. Getting involved in your community is a great way to meet new people and make friends.
- **Talk to your neighbors:** Your neighbors can be a great source of support. If you have any questions or concerns, don't hesitate to reach out to your neighbors.

## **Taking Care of Your Well-Being**

Taking care of your well-being is essential for living a happy and healthy life. When you are living on your own, it is important to take care of your physical, emotional, and mental health.

### **Physical Health**

There are a few things you can do to take care of your physical health:

- **Eat a healthy diet:** Eating a healthy diet is essential for maintaining a healthy weight and reducing your risk of chronic diseases, such as heart disease, stroke, and cancer.
- **Get regular exercise:** Regular exercise is important for maintaining a healthy weight, reducing your risk of chronic diseases, and improving your mood.
- **Get enough sleep:** Getting enough sleep is important for maintaining your physical and mental health.
- **See your doctor regularly:** Seeing your doctor regularly is important for preventing and detecting health problems.

## Emotional Health

There are a few things you can do to take care of your emotional health:

- **Stay connected with friends and family:** Staying connected with friends and family is important for your emotional well-being. Talk to your friends and family regularly, and make an effort to visit them in person.
- **Find a support group:** If you are struggling with emotional issues, consider joining a support group. Support groups provide a safe and supportive environment where you can share your experiences and learn from others.
- **See a therapist:** If you are struggling with emotional issues, consider seeing a therapist. A therapist can help you to understand the root of your problems and develop strategies for coping.

## Mental Health

There are a few things you can do to take care of your mental health:

- **Learn stress management techniques:** Stress is a normal part of life, but it is important to know how to



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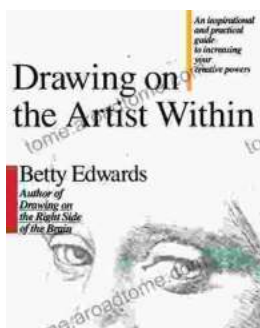
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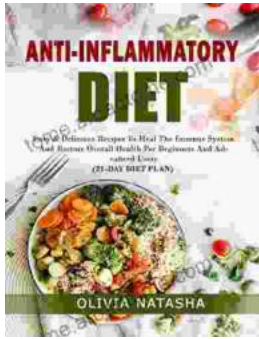
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