

The First 3 Relationships to Rebuild After Moving

When you move somewhere new, you become surprisingly competent. You find the grocery store. Learn the commute. Figure out where to get coffee.

Then one day you get sick. Or lock yourself out. Or need a ride home after a procedure. And you realize nobody prepared you for the hardest part of moving: not knowing who to call.

That's the invisible infrastructure that moving resets: people who know your name and show up when something goes wrong.

This guide helps you rebuild three of those relationships before you ever need them.

BY THE END OF THIS ISSUE:

- ☐ A neighbor who knows your name, not just your face
- ☐ A doctor who knows you, before an emergency
- ☐ A place you go regularly where someone would recognize you

Relationship 1: The Neighbor Who Knows Your Name

WHY THIS MATTERS

This doesn't have to become your best friend. It just needs to be someone nearby who recognizes you, and could help in a small emergency.

Living alone isn't the problem. Not knowing anyone nearby is.

TO DO THIS WEEK

- ☐ Introduce yourself.
- ☐ Learn their name.
- ☐ Mention that you recently moved.
- ☐ Be the neighbor you'd hope to have.
- ☐ Exchange numbers (if it feels natural).

IN MY LIFE

I started a weekly co-working group with neighbors. It helped us connect without pressure.

WHAT I ACTUALLY SAY

"Hi! I'm Samira. I just moved in upstairs. I'm trying to get to know people in the building. Let me know if you ever need a cup of sugar or help with a package."

Relationship 2: A Primary Care Doctor

WHY THIS MATTERS

When you're healthy, it feels like this can wait. Unfortunately, that's exactly when you should establish care. Many primary care practices book months in advance.

Building that relationship before you need it makes healthcare much easier when life happens.

TO DO THIS WEEK

- ☐ Find an in-network primary care office.
- ☐ Schedule a new patient appointment.
- ☐ Transfer your medical records.
- ☐ Save your new doctor's name and office number.
- ☐ Choose a pharmacy and save its address and number.

INSIDER TIP

One of the biggest mistakes I see is waiting until you're already sick to look for a primary care doctor. If you're already a patient, appointments are easier and your doctor already knows your history.

*When transferring care: **know** your old doctor's name, address, and fax (your new doctor will need this information to request your records). **Bring** an updated medication list to your appointment (this gives your new doctor context before your records arrive).*

Relationship 3: A Place Where You Become a Regular

WHY THIS MATTERS

Community is usually built through repetition, not chemistry. The goal is to become a familiar face.

TO DO THIS WEEK

- ☐ Pick one recurring activity.
- ☐ Go every week.
- ☐ Say hello to someone you recognize.
- ☐ Learn one person's name.
- ☐ Keep showing up.

IN MY LIFE

Zumba aligned with my need for movement, fun, and regular connection with women.

WHAT I ACTUALLY SAY

"Hi! I'm Samira. This class is so fun! How long have you been doing Zumba? I just moved here, I'm actually trying to get to know people."

COMMON MISTAKE

Trying five different groups once instead of one group five times.

Create Your Local Safety Net

Fill this out before you need it.

Spare key: _____

Pet emergency: _____

Medical appointment ride: _____

Building/Home emergency: _____

Trusted check-in contact: _____

SAFETY TIP

Identify a local person who knows your rough whereabouts for higher-risk moments: first dates, solo hikes, late-night drives, or an “I should be home by 10” check-in.

One Last Thought

You don't build a support system overnight.

The neighbor who waters your plants may never become your best friend. They don't have to. A safety net doesn't always require deep friendship. Sometimes it starts with being known, noticed, and reachable.

The goal is supported independence, even if it looks different from the blueprint we were handed. `first-3-relationships-to-rebuild-after-moving`

See you in the next issue,

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