



## **NYC Renters Brace Themselves For Rental Anxiety Week: Starts Monday, August 21, 2017**

*Roommate matching site SpareRoom partners with Ziva Meditation to help New York City's renters during the busiest and most stressful week of the year*

**New York, August 21, 2017** – A new study from roommate matching site [SpareRoom](#) has identified the most stressful time to be a renter in New York City as the third week of August. To combat this Rental Anxiety Week, SpareRoom has partnered with Emily Fletcher, renowned meditation expert and founder of [Ziva Meditation](#), to give renters tools to help them find a room or roommate with minimal stress.

### ***Rental Anxiety Week – Why August 21-25?***

#### **The rental market heats up in summer**

August is the busiest month of the whole year for people looking for rooms and roommates in New York. SpareRoom analysis of over 1.3 million visits to the site in a 12-month period shows the third week of August as the busiest single week of the year. This can likely be attributed to the number of students and graduates flooding into the city for the start of school and new graduate jobs on September 1. This is further perpetuated year to year as tenancies generally end 12 months later.

#### **A short window of opportunity**

A separate SpareRoom study reveals the typical time it takes to find a roommate in NYC is 11 days. Brooklynites filled their rooms fastest, at an average of 10.7 days, while roommates in Staten Island took almost two days longer (12.5). With less than two weeks left until September 1, renters are running out of time to find a roommate before they have to cover the cost of an empty room, or couch surf if they can't find a place to live.

“Finding a room or roommate in New York City can be stressful at the best of times,” said SpareRoom director Matt Hutchinson. “SpareRoom’s mission is to take the stress out of finding a room or roommate, especially compared to using sites like Craigslist. We check every listing on SpareRoom to keep unsuitable ads off the site and let renters filter results to find exactly what they’re looking for.”

We've partnered with Emily at Ziva so that we're not only helping people find a roommate – we're also helping them cope with the stress of the search too. Trying to find your perfect roommate with a tight deadline can feel like quite an overwhelming task. Staying calm can make a huge difference.”

Emily Fletcher, Founder of Ziva Meditation, explained, “What if there were no stressful situations? Only stressful responses to given situations. Wouldn't that be nice? I'm delighted that SpareRoom is bringing Ziva to help with Rental Anxiety Week. I'll be sharing some of my best tips for reducing stress in your body and mind so you can approach roommate and apartment hunting relaxed, grounded, and trusting that an ideal match is on the way.”

SpareRoom and Ziva Meditation will be organizing activities for roommates during Rental Anxiety Week that include:

- Mindfulness exercise videos and audio downloads
- Helpful tips for managing stress
- A free [SpeedRoommating event](#)
- Advice on how to find a roommate in a short amount of time and where to look
- Plus some exciting giveaways

To learn about Rental Anxiety Week and the activities SpareRoom and Ziva Meditation have planned, please get in touch ([spareroomus@hotwirepr.com](mailto:spareroomus@hotwirepr.com)) or keep an eye on the SpareRoom [blog](#).

## ENDS ##

**Notes to Editor:**

Austin Weedfall  
Hotwire PR for SpareRoom  
[spareroomus@hotwirepr.com](mailto:spareroomus@hotwirepr.com)

**About SpareRoom**

Launched in the UK in 2004, SpareRoom is the UK's biggest roommate site (and third biggest real estate site overall). SpareRoom already has over 360,000 users in the US. Now, SpareRoom has made its roommate-finding service available across the country, with a particular focus on key cities: Boston, Chicago, Dallas, Detroit, Las Vegas, Los Angeles, Miami, New York, Philadelphia, Phoenix, San Diego, San Francisco, Seattle and Washington DC.

SpareRoom is available via iOS and Android apps as well as online. Every SpareRoom ad is moderated, both by automated systems and real people checking ads. SpareRoom also features video profiles, giving people a better way to meet their new roommates.