

Downsizing or moving house



As you grow older, it's common to experience major life transitions, such as moving to a new home. This can be both positive and challenging. These changes can happen suddenly or may have been planned for a long time.

Regardless of the circumstances, it's natural to find it difficult to adjust in the weeks or months that follow. Even when transitions are exciting, they can disrupt our daily routine and feel stressful and overwhelming.

Ways to make moving an easier experience

Moving to a new place can be a daunting experience, but there are ways to make it easier. Here are some tips:

- Prepare yourself mentally by breaking down the tasks into small steps and rewarding yourself along the way.
- It's normal to feel anxious or fearful about the move. Acknowledge these feelings and take steps to address them.
- Surround yourself with familiar items that bring you comfort and don't forget to have a laugh now and then to ease the tension.
- [Getting enough sleep](#) is important during this time of change, so prioritise rest and relaxation. Here are [10 tips for good sleep hygiene](#).
- Don't be afraid to ask for help from friends and family or use tools like [assistive products](#) to make the move easier.
- [Stay connected](#) with loved ones during the process to help ease the transition.
- Embrace the opportunity to create new memories in your new home and look forward to the exciting changes ahead.

Things to keep in mind

Moving can be a stressful experience, but keeping the end goal in mind can make it easier. Remember that the benefits of moving, such as being closer to loved ones or having a more manageable home, will make it all worth it. Here are some tips to consider before you move:

- Start early and take it slow. Begin by clearing out one room at a time, starting with the ones you use the least.
- When looking for a new home, prioritise safety. Look for features like easy-to-navigate walkways, few or no stairs, and handrails in the bathroom to ensure that the home will be safe and accessible for years to come.
- Learn to let things go. Focus on bringing only the items you truly need and love. Give away or donate items you no longer use or need, and consider passing down family heirlooms sooner rather than later. Giving things away can be a win-win. Not only will it help others, but it will also lighten your load, both physically and mentally.
- Building a [social network](#) is crucial to good mental and cognitive health. Investigate the new area you'll be moving to and look for social activities that cater to your interests to help you make new friends.

By keeping these tips in mind, you can reduce the stress of the moving process and smoothly transition to enjoying life in your new home.

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