



## Ten tips to downsize and 'de-stress' your move!

### 10. Start early. End happy!

It's never too early to begin the downsizing process. Begin by focusing on typical problem areas such as the attic, basement, garage, wardrobes, cupboards and file cabinets.

### 9. Get generous

Since you can't take everything you own to your new home, now is the time to make arrangements to 'gift' some of your treasures to special people in your life including, and especially family, helpful neighbours, friends and favourite organisations, or a church/synagogue.

### 8. Save your memories

You may have boxes of old photos from every holiday and birthday party attended. What do you do with them? Consider the following ways to preserve family photos and stories: a customized process of audio and video recordings called Life-Storying. Copy your special photos onto CDs, or try your hand at scrap-booking. There are also services that will take all your photos, slides, and videos and do it for you.

### 7. New looks for books

If you own large quantities of books, you need to spend time downsizing your collections. Books take up lots of space and are heavy to move. Consider donations. Call on a book dealer for older books with potential value.

### 6. Use it up...Don't move it out

Take an inventory of your canned goods, dried and frozen foods – check use by dates. Plan to use as many of these products as you can before moving. If you simply have too many – are there any local food banks / organisations you could donate to?

### 5. Recycle the toxins

Take time to put together a box or two of household, shed and garage products, as well as paint, which are considered hazardous and are no longer required. Visit [recyclenow.com](http://recyclenow.com) for more information on hazardous disposal /collection in your area.

### 4. Don't lose touch

Create a list of people, places, and utilities/services that need to be notified of your upcoming change in address.

### 3. Floor plan ahead

With a floor plan of your new place, cut out furniture templates to determine the pieces of furniture that will fit in your new home, and the best location of each. Knowing which pieces will fit in your new space will keep you from moving too much furniture.

### 2. Pack a survival bag

Put together a survival bag for move day. It might include personal needs (medications, eyeglasses, toiletries, change of clothes, important papers, etc), kitchen needs (snacks, drinks, folding chair, disposable cups/plates), basic tools (hammer, screwdriver, flashlight, tape, etc.), cleaning supplies (sponge, roll of paper towels, soap, etc), and payment for the removal company – be sure you know which form of payment they prefer.

### 1. Ask for help!

Don't be too proud or independent-minded to ask for help. Moving is not easy and you shouldn't do it all yourself. But don't wait until the last minute to ask for help. Some of these downsizing steps take time to accomplish. Remember your goal is to move into your new home happy, healthy, and ready to enjoy your new lifestyle!

***Call the Yorkshire Move Manager on 01274 870179 for help with your move***