

TAKE THE STREES OUT OF MOVING

Many things will be different when moving into your new home. From square footage and floor plans to new neighbours and finding out your new recycling day, many things will change.

Change is proven to cause high levels of stress. Are you ready to handle this anxiety? Relax. There are several ways to either eliminate or at least reduce the stress of moving.

PLAN AHEAD - MAKE A LIST AND CHECK IT TWICE

As a Professional Organizer, this is my forte! There are so many things you need to think about – movers, address changes, children's school registration, the list goes on. Getting organized and having a plan of attack will create order and reduce stress. Canada Post offers an online action list to help you manage your move with the click of a mouse. Go to www.smartmoves.ca to make use of their personalized checklist.

RELAX! MEDITATE

Join the likes of Alec Baldwin and Madonna! According to Jyotish Novak's new Meditation Therapy for Stress and Change video, unhealthy levels of stress usually come from trying to control the uncontrollable. The "fight or flight" response biologically programs us to respond to challenge with some level of stress. If you have stress in your life, meditation can be of immense help to you. I know it sounds hokey to some but it could be just the trick!

ASK FOR HELP - CALL IN THE PROS

Let's face it, we all live busy lives and you can't do it all by yourself. Even with ample time, moving is overwhelming at best. Check your local yellow pages or ask a neighbour if they can recommend a great mover. Read all the fine print on insurance and contractual information. Most moving companies offer packing services which can take away a daunting task.

Whenever we are faced with consuming obligation like moving, it is always best to get started early. Try to cross something off your list each night to avoid the last minute panic. Ask your friends and family to be understanding at this stressed time and who knows, maybe they will offer to help out. Last tip: Don't hesitate to say "Yes please" when others offer you their help.