

# How to Make Moving NOT One of Life's Biggest Stressors

## Do as much as you can ahead of time

- ☐ Set up your utilities about a month in advance
- ☐ Hire your movers about two weeks in advance
- ☐ Clean as you pack so you're not unpacking dusty items
- ☐ Pack a suitcase of essentials like clothes, toiletries, and medications so they're easy to find on moving day

## Be super organized

- ☐ Put together an inventory of everything that's being packed and moved
- ☐ Use a moving day checklist and a realistic timeline
- ☐ Write down the names and contact information of all your points of contact for moving day

## Outsource as much as possible

- ☐ Hire professionals to move, clean, and organize
- ☐ Ask your support system for help, especially if you're low on cash
- ☐ Delegate tasks to children, teens, and family members

## Choose the right day and time

- ☐ Plan your move off-season (October/November or March/April)
- ☐ Check the forecast and plan accordingly, including your clothing and emergency equipment
- ☐ Move mid-week if possible
- ☐ Schedule your move for the morning to avoid traffic and delays

## Prep some snacks and drinks

- ☐ Prep easy, healthy meals like sandwiches or salads
- ☐ Pack disposable cutlery
- ☐ Bring portable snacks like nuts, string cheese, and jerky that contain protein
- ☐ Carry plenty of water for you and any moving help you've hired