

HOW TO HAVE A *ZEN MOVE*

Moving is in the top 5 list of major life event stressors. It might feel like stress is an emotional issue – something that lives strictly inside your head. But stress can become a physical issue as well, especially when dealing with the most stressful things in life.

Because of my nursing background I have a teaching approach and incorporate tips and tricks from my years in holistic care to keep you happy healthy and moving into your next dream home! We will have your back from selling your existing home with marketing, contracts, budgeting, project management, staging all the way to finding or building your new dream home to have a stress free seamless move between the two for your entire family!



Your body instinctively responds to changes and perceived threats. Your body reacts by releasing stress hormones, adrenaline, and cortisol to switch you into fight-or-flight mode.

When stress strikes, you can take steps to reduce the impact on your body. To alleviate symptoms and manage even the top stressors use these tips on how to make moving less stressful.

QUICK EASY INSTANT RELIEF

TAKE ACTION

Your body is primed to act, so go ahead and get physically moving. Contract your muscles, release and shake it out. You can march in place or wring a towel – 30 to 60 seconds will reboot your body and return you to physical stability,” Dr. Adan says.

BREATHE

Hit the pause button and tune into yourself. Consider using guided imagery and mindfulness to engage in the moment. Being present will realign the body.

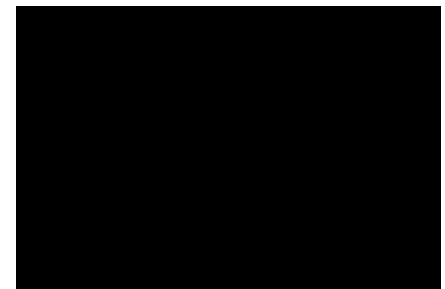
“Think: ‘I am here; it is what it is.’ It’s about acceptance, not control,” she says.

FEEL GOOD

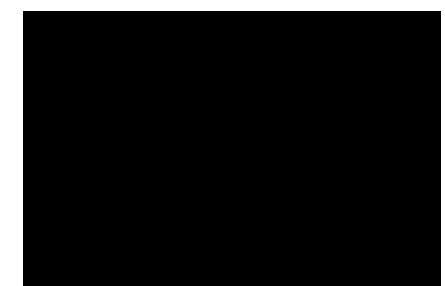
Take at least 30 seconds to just feel good. It will release the same endorphins you get when you exercise. “Think about what you’re grateful for,” Dr. Adan says. “Tap or sing along to a song. I tell my clients to keep Play-Doh at their desks and take a minute to play.”

Research shows that using this type of framework for roughly five to 10 minutes a day will improve your health, longevity, and productivity. While this is particularly important following stressful life events, it’s better to make it an everyday habit. “Not one of us can’t spare five minutes a day,” Dr. Adan says. “It’s a choice for health.”

Below videos can be found on my YouTube channel under [*Zen Move Playlist*](#)



1-minute Instant Relaxer



2- minute relaxer Dr.Oz show

PLANNING AHEAD

◆ See your *Moving & Closing Checklist*

Accept that stress is a normal part of the moving process

Overcoming moving stress starts with acceptance. If you recognize from the get-go that you are probably going to incur some stress over the course of your move, you’re less likely to let it set you back when it happens. Think about other times in your life that you’ve accepted occasional stress as a

part of the process and simply worked through it, like school or your job. Stress is a natural human response to a demanding circumstance, but it isn't the end of the world. In fact, it can even be [good for you](#). Take it for what it is and acknowledge the feeling when it happens, but don't let it deter you from the tasks at hand.

Give yourself enough time

One of the biggest sources of moving stress is time. More specifically, not having enough of it. A stress free move might not be completely possible, but you can make it a whole lot easier by making sure to allot enough time to getting everything done.

Figure that you'll need about:

- 2 days to pack up a studio or one
- 3-4 days for a two bedroom home Take a 5-minute break every 25 minutes. Stand up, breathe deeply, stretch, rest eyes, and take a sip of water.
- 5-6 days for a three bedroom home and so on.

Be sure to give yourself enough time for other steps as well, such as

- researching and selecting a moving company or rental truck
- setting up utilities in your new home
- cleaning the home that you're leaving

The more you leave to the last minute, the more frantic you'll inevitably feel.

Start small

There is a quote by Confucius that goes: "The man who moves mountains begins by carrying away small stones." Tackle the little things first, and you'll notice that they quickly add up to big things. If you're feeling paralyzed by moving stress or you simply don't know where to start, just get *something* done, be it packing up a single kitchen drawer or getting all your books into a box. Making progress, big or small, is important for managing your stress, so worry less about how you're going to get every single thing you own packed up, shipped to another location, and unpacked in a new space, and focus instead on just getting it done piece by piece.

Stay organized - Use your checklists

Organization is key if you want to make moving less stressful. This applies to all facets of your move, from sorting and labeling boxes in a way that makes them easier to unpack to keeping all of the documents you might need – the contract with your movers, new lease, etc. – in one, easy to locate place. If you make organization a priority from step one, you'll set yourself up for fewer headaches and an easier overall move.

Ask for help

It's okay to ask for support when you need it. If you're feeling stressed during your move, ask a friend or family member for help, or even just some company while you pack or unpack. An extra set of hands can greatly minimize the stress of moving and having someone else around is a great distraction from what might be an otherwise overwhelming task. If you can, plan ahead and ask for help a week or more in advance so that whoever you asked can try to accommodate. And always be sure to show gratitude for any help you receive and to return the favor if and when the time comes.

Get some sleep

When there's a lot to get done, it's easy to put sleep on the back burner. But the less rest you get, the more likely you are to feel overcome by stress. Make sleep a priority during your move and try to get a full night's rest as often as possible. Moving can take a lot out of you both physically and mentally, and if you're not getting enough sleep, you're going to be running on empty very quickly. Allow yourself to properly recharge every night, and you'll notice you're more efficient and a whole lot less stressed.

GUIDANCE AND GOOD PRACTICE

- Reference your shared folder for the following items:
 - Decision Worksheet
 - 3 step mindfulness Worksheet
 - Practicing Gratitude
 - Pressure points for instant anxiety relief
 - Relaxation Techniques
 - Self Compassion Break
 - YouTube channel [Zen Move Playlist](#)
- Life can be stressful and moving is no exception. Accept the experience for what it is, and make sure you're taking care of yourself during the process.
- When it's all over, consider treating yourself to a de-stressor, like a massage or a nice evening out. You'll certainly have earned it.

**No question is too small or favor too big!
I'm available for you anytime even if it's just to vent!
I'm here for you!
Alicia**