

Beating Sellers' Stress

By Courtney Ronan



Three things are certain in life: death, taxes ... and undue stress caused by moving. And we're not just talking about packing and paperwork. Moving is an emotional process. If you're not calming down your nervous children, you're trying to reassure yourself that you bought the best house within your means and that your kids' new schools will measure up.

Depending upon your relationship with your Realtor, you should be able to rely on him or her for more than just closing the deal. Your Realtor also should be able to calm your trepidations by giving you the support you need -- giving you the facts about that new school district, reassuring you that your jitters are perfectly normal, and giving you as much information about your new hometown as possible, increasing your familiarity with the previously unknown.

Reserve time for yourself and your family. It's an insurance policy for your sanity and continued happiness. Stress is sneaky. It can eat away at us during what are supposed to be the happiest of times, because after all, any major change in life is stressful. If it's suppressed, it can wreak havoc both emotionally and physically and spread throughout the family. And there's nothing worse than moving a grumpy family across the country. For family unity's sake, keep in mind the following stress-relieving measures:

1. Remember that it's perfectly normal to feel unsure of your decision right now. Instead of becoming overwhelmed with "what ifs" and dread, reframe your decision as a prime opportunity to begin your lives in a new environment. Look forward to the adventure that lies ahead of you.

2. Keep an emergency fund in case you run into any unexpected costs. One example: If your buyer comes

forward after a home inspection is completed and requests some repairs prior to move-in, you'll be prepared. It's up to you how many you accommodate, but at least you won't be caught unaware.

3. Anticipate and prepare for the initial expenses you'll face upon move-in. Resign yourself to the fact that during the moving process, you're going to feel as if you're holding your wallet upside down, and everyone -- movers, contractors, buyer, etc. -- is sitting underneath, catching the flying dollar bills. Keep in mind that this is an investment for the good of your family, and that these costs are a one-time inevitability.

4. Remind yourself of why you're moving in the first place. Whether or not you had some degree of control over your decision to move will affect your outlook, but move you must. Round up as much information as you can about your new hometown. What kinds of cultural offerings does the town/city offer? What are its landmarks and natural attractions? Research some possible day trips you might take with the family once you're settled.

5. Envision your new home. Remind yourself of the home's primary selling points. Will you have more space? More closets? A large backyard and/or swimming pool? Where will you place the furniture? What does your new street look like? Try to picture yourself and your family fully adapted to your new home.

Have a little fun. Take the family out to dinner, to a movie or a picnic -- anything that gets all of you out of the house and away from boxes, paperwork, emotions and all of those pre-move concerns. Like misery, stress often loves company, so enjoy your family time together and remember that this stress won't last forever. Regardless of what you're feeling now, the move will happen and everything will eventually fall into place.

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