



## 10 tips for a stress free move.

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**Moving house is placed in the top 10 most stressful situations. Why so?**

According to the [Holmes Nad Rahe scale](#) significant changes in living conditions is in the top ten most stressful situations in life. It is not the actual selling of the

1) Consider a removal company that packs for you. What is your stress worth?

Many corporate employees are travelling from state to state and even overseas and will often hire someone to do this for them.

2) Hire a helper! This won't cost thousands of dollars!

And if you have sold with Next Address you will have some spare cash!. You need to make a list of delegated items to be done.

3) Hire a reputable conveyancer or your legal representative who communicates well!

Set out your expectations with the people with whom you have contracted. Let them know that communication is essential.

4) Be clever with your packing!

If you are going to pack yourself, go to your local supermarket and ask them for their old polystyrene boxes they use for produce.

5) Know the Service Providers you want to use!

Keep your latest bills from the last six months together in a folder clipped together. Highlight the utility company's phone numbers.

6) Pack an essentials box!

It needs to contain the things you will need first. The kettle, tea, and coffee, some towels, etc. You get the picture! Hold onto it!

7)

Insurance!

Make SURE your property has moved from its covered by insurance to the new property. According to [choice.com.au](http://choice.com.au), you should:

- Get quotes from three insurers - some will match or beat competitors' premiums
- Vary your excess, as small increases in the excess, can lead to big savings on premiums.
- Many insurers offer cheaper premiums for new customers than they do for renewals. Simply checking your renewal rates can save you a lot of money.
- Most insurers offer a discount for combining home, contents and more. If you can get the cover you need by combining your policies, you can save a lot of money.

8)

Declutter!

Leading the packing, declutter and lead the way. Of carrying items that are unnecessary as subconscious. According to [Dr. Susan Whitborne of Psychology Today](http://Dr. Susan Whitborne of Psychology Today)

: Clutter is an insidious and seemingly harmless outgrowth of people's natural desire to appropriate their personal space.

9) Donate your old stuff!

If you have old items that are still usable, you no longer need, rather than paying for expensive and time-consuming disposal, donate them.

10) Time Out

Now for you!. Book yourself in for some nurturing after moving day. A relaxing day with a massage or some time in nature.

Cheers to happy stress free moving

<https://nextaddress.com.au/blog/10-tips-for-a-stress-free-move>