

Moving During Your Grief: How To Manage A Major Change



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After losing a loved one, it may seem like the last thing you should do is move to a new home. You may be feeling overwhelmed, exhausted, and mentally and emotionally unable to think about moving on following such a loss.

For some, however, making a move can be just the thing to help them move forward and learn to [cope with their grief](#). Having a change of scenery and moving away from the home that holds so many memories can be beneficial, especially if the loss comes after a long period of illness. While it's always hard to watch our loved ones suffer, it can be especially difficult to live in a place that contains memories of pain and illness.

The key to [making a move](#) during this time is ensuring that you are organized, have lots of love and support from your friends and family, and can take ample time to get everything done in order to reduce stress or anxiety. Here are a few tips on how to get started.

Do some homework

Obviously home-buying isn't something you want to jump into, but it's important to start off with some research on the details before you even look at homes. This means checking out neighborhoods online to find out what the community is like, looking for areas that are in close proximity to the places you frequent (doctors, grocery stores, etc.), and making a list of the things you can't do without in a home. If you're a senior, it's a good idea to make sure your new home is one that will be safe and comfortable for you for many years to come; for instance, you may not want stairs or a large yard to take care of, which might be difficult if you have health or mobility issues.

Be patient

It can be difficult to [be patient](#) with yourself after losing a loved one, especially when there are opinions surrounding you in regards to a grief timeline. There is no timeline for grief, however; everyone handles the process differently, so what works for one person may not work for you. It may take months or even years before you're ready to consider donating your loved one's clothing and that's okay. Go easy on yourself and know that the day will come eventually.

Hire some help

It's a good idea to have loved ones surrounding you during this time for support, but you don't have to rely on them to help you pack and physically move. For that, you can hire help to ensure that everything is well taken care of on the big day. Having the heavy lifting taken out of your hands will help reduce stress and allow you to focus on your needs. For assistance with hiring help, read on [here](#).

Stay organized

Your mind will likely be in a million places after your loss, so the best way to make your move go smoothly is to stay organized. Make lists of tasks to be done and ask for help when you need it. Grief can affect the brain in various ways; it can lead to depression, [memory issues](#), and anxiety, all of which can negatively affect a big change such as a move. Help yourself stay on track by making calculated, careful decisions.

The most important thing to remember about making a move after experiencing a loss is that it should be your decision. You may take the opinions of your friends and family into consideration, but ultimately, this change is up to you. Do what feels right, and give yourself as much time as you need to get it done without negatively affecting your mental health.