

# Helpful Tips for a Smooth Move

Practical packing and downsizing tips to simplify your move.



Over time, we tend to accumulate belongings like clothes, books, furniture and decorations. As we enter our later years, the prospect of downsizing and moving can feel overwhelming due to the abundance of stuff, but worry not! Check out these fantastic tips that will make the challenging task of packing much easier!



## **Maintain a positive attitude**

Approaching the packing process with a positive mindset can make a world of difference. Enjoy the journey, reminisce about cherished memories and embrace this exciting new chapter in your life!

## **Seek assistance**

Don't hesitate to ask for help! Enlist the support of a moving crew or your family members to make the process smoother and reduce stress.

## **Organize your items**

When deciding which belongings to take with you, consider the size of your new home. You may not need all of your large furniture or decorative pieces.

## **Accept that you can't keep everything**

Certain items will be easy to let go of, while others may require more thought. Prioritize your belongings, leaving behind or donating those with the lowest priority.

## **What to do with leftover items**

Once you've packed what you intend to bring, you might find yourself with miscellaneous items to address. Consider options such as taking a trip to the local dump, renting a dumpster or hiring a company to remove unwanted items.

Now you're ready to embark on the next step of your journey, and rest assured, the hardest part is behind you!

Call 540-486-2956 or visit: [www.thevillageatorchardridge.org](http://www.thevillageatorchardridge.org)



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