



## When It's Time to Move After a Significant Loss

According to psychologists, it's important to avoid making major life-changing decisions in the aftermath of your loved one's death. Grief can do funny things [to your brain](#): It can affect your memory, interfere with your concentration, and muddle your information processing.

Scheduling a move may be too much to handle until about [six months after](#) your loved one's passing. This isn't to say that it's a bad idea. In fact, moving after a loss can be healing in the following ways:

1. It can allow you space to grieve and heal without being constantly reminded of your loved one and the times you shared together.
2. It can allow you to develop your own life and your own identity.
3. It can bring you closer to other loved ones in the area including [aging parents](#), adult siblings, and extended family.

### Tips for Organizing Your Move After Losing a Loved One

You may not feel ready to leave town because your loved one's gravesite is in a [local cemetery](#). Or, perhaps you wish to live in the area until your children finish school, until you can secure housing in the

city you wish to relocate to, or until you feel ready to leave. Whenever you're ready, consider the following tips when organizing the moving process.

### Talk to close family about the decision

If you've [lost a spouse](#), your parents or adult siblings may be able to step in to help you navigate the process in this difficult time. It's important to collect legal documents such as wills, property tax documents, and the title and deed to your home when deciding what to do with the property. Get in touch with a local realtor before you put it on the market to make the process smoother.

### Consider hiring movers

If you're interested in using a moving company for your upcoming relocation, try an online search for "[local moving companies near me](#)" to connect with nearby movers. A local mover should be able to give you a quote for an in-town move or a cross-country relocation. Never go by an over-the-phone estimate for services — insist that the movers complete an inspection of the rooms and large pieces of furniture that need to be moved before they give you a final estimate.

### Sell or rent out the home

Finding an individual or family to buy or [rent your home](#) can be a time-consuming process. If you're unfamiliar with the housing market in your area, speaking with a realtor is your best bet for staying on top of this information and finding someone who wants the property. Do your best to keep both the interior and exterior of your home maintained to attract potential buyers.

### Keep cherished items

Choosing what to keep and what to throw away before you move may be difficult, as these items hold many memories of your loved one. You can donate items to those who need them or toss what you don't want to see again. Get in touch with local services such as [The Salvation Army](#), which offers pickups of large items like couches and entertainment centers.

Losing a loved one doesn't mean that you will forget this person or move on immediately from your grief. Moving to a different area can help you refocus your mind and your goals after a major loss, and it may give you a chance to reconnect with others who are important to you throughout the process. When the time is right, talk to your family about the move, and practice due diligence when hiring a moving company. With careful steps and an eye toward the future, your move can be a vital part of your healing process.