

Photo via [Unsplash](https://www.pexels.com/photo/photo-of-an-old-woman-2790438/)

# How to Make it Through the Downsizing Process: Tips for Seniors

Planning a downsizing move? Well, you’re on the right track to enjoying a very peaceful retirement! However, the process of decluttering, buying a new home, and navigating a move is always stressful. If you’re planning on downsizing, it’s important to be prepared. Good planning will help you tackle your downsizing tasks with plenty of time to spare, so you can avoid unnecessary stress and headaches along the way. The following resources can help you through your downsizing journey.

***Need help transitioning? Take the stress out of moving by letting the pros at ProHelp Moving and Storage handle your entire move!*** [***Complete this application***](https://www.prohelpmovers.com/contact-us) ***to get started!***

## Is Downsizing Financially Feasible?

Before committing to a downsize, carefully consider your financial situation and the costs of moving.

[How Much Does It Cost To Sell A House?](https://www.opendoor.com/w/guides/how-much-does-it-cost-to-sell-a-house)

[Mortgage Help for Veterans](https://turnkeyhomeloan.com/mortgage-help-for-veterans/)

[7 Costs That Could Sneak Up on You When Buying A Home](https://www.businessinsider.com/hidden-costs-buying-a-home-2018-1)

[Survey the Local Market to Get An Idea of Average Home Prices](https://www.redfin.com/city/4149/SC/Columbia/housing-market)

## Saving Money on Your Move

Once you’ve made the decision to downsize, consider these budget-friendly moving options.

[Partner with ProHelp Moving and Storage for Dependable and Affordable Service](https://www.prohelpmovers.com/)

[How to Save on Moving Costs](https://money.usnews.com/money/blogs/my-money/articles/how-to-save-on-moving-costs)

[Here’s How You Can Score Some Moving Boxes—and Not Pay a Cent](https://www.rd.com/advice/saving-money/moving-boxes-for-free/)

## Dealing with Emotions

Moving out of the home you’ve lived in for many years can be stressful and emotionally draining. These tips can help you manage these feelings.

[Techniques for Decluttering Without Emotion (When You’re an Emotional Person)](https://www.apartmenttherapy.com/5-techniques-for-decluttering-without-emotion-237860)

[7 Ways to Say Goodbye to a Home Full of Love and Memories](https://www.nestiny.com/funiversity/page/saying-goodbye-to-your-home)

[Ten Simple Tips to Manage the Stress of Moving](https://www.psychologytoday.com/ca/blog/living-the-questions/201703/ten-simple-tips-manage-the-stress-moving)

Your post-retirement years are all about you. This is your chance to focus on the things that matter most! Getting rid of unwanted possessions and moving into a smaller home is a fantastic way to simplify your life and grant yourself the freedom to do what you want. Whether you’re looking for more flexibility to travel, more space for your hobbies, or more time to spend with loved ones, downsizing will help you reach your goals!