

## Avoiding Buyer's Stress

Precious few things in life are more inherently stressful than moving. During the involved process of finding a new home and making the transitions, keep in mind the following ways to lessen or completely avoid high stress levels. After all, this should be an exciting and pleasant experience – you're moving!

- ❖ **Visualize.** At the very beginning of the moving process, take several minutes and a piece of paper to a quiet corner. Start writing where you want to end up. Describe how it feels to be in your new home, how exciting, how the possibilities in your life just seem to open up with the change in scenery and fresh start. Keep in mind that end result, that final goal – and when you feel stressed with setbacks or minor obstacles, remember how it's going to feel to look around at your new home and *be there*.
- ❖ **Overestimate.** Give yourself a greater leeway with your finances. Even when every dollar counts, know that unexpected costs can and probably will spring up to some extent. If you overestimate by a thousand dollars, you aren't likely to be caught off-guard if the required down deposit fluctuates with the interest rate, or if some repairs won't be covered by the contract. And you might be pleasantly surprised at the end of it all to find yourself with some spare change, if everything goes as planned!
- ❖ **Trust.** Working with a Realtor® is having an expert looking out for you and doing everything in their power to make sure that *you* are happy at the end of the day. In buying a new home and moving, emotions tend to run high and wild – it's a high-stress ordeal. But that's why you have a Realtor® – they tie off the loose ends and help you through the entire process. An ideal Realtor® will not only be efficient and swift, but will also understand the emotional rollercoaster that moving can be and will help you through it. Trust that your Realtor®, your *agent*, will take care of you – because they will.
- ❖ **Empower.** You always have options, even when you're feeling helpless and overwhelmed. If something goes wrong, or takes longer than you'd expected, it's natural to feel irate and feel as though you can't do anything about it. However, always remind yourself that you have a choice in the matter. Lender taking longer than you'd wanted to approve your loan? Well, you have a *choice* to pick another lender. In all likelihood, that would set you back even farther, having to start all over again – but the choice is still there. Reminding yourself that you have a choice, and that you're taking the best option you can, normally defuses any feelings of anger or stress you may have.
- ❖ **Relax.** As simple as it may sound, just take some time out. Stressed? Go see a movie, or take a bike-ride through the park. If the situation is taxing your emotions and grating on your nerves, but you've already reminded yourself that you've *chosen* the best option possible and can't do anything but wait it out, then do something enjoyable. Sports and socialization are wonderful ways to relax and let go of that tension.