



## How Moving Can Be a Reset for Grieving Families

After the death of a loved one families may be at a loss about how to move forward. Conflicting emotions can make a family home a welcome sanctuary one day and a sad reminder of a previous life the next. Behavioral professionals point to the importance of eventually [moving forward](#) with your life after the loss of a loved one - although death is terribly sad, those left must persevere. Some bereaving families find positivity and empowerment in not just “moving forward” emotionally but moving after the loss of a loved one.

### **Downsizing after loss**

When a loved one passes there can be several reasons for a move. Your current home may be financially overburdensome, require too much upkeep, or simply be too large. Medical bills due to a prolonged illness may further necessitate downsizing. Some widows or widowers may not have a full and complete understanding of their financial situation. Understanding finances and what kind of home [you can afford](#) is crucial to being able to survive after the loss of a loved one.

### **Emotional benefit to moving**

Even those who can afford a current residence may not be able to handle the emotional burden of the good and bad memories the house may recall. Moving forward does not mean [moving on](#). There are many ways to cherish the memory of your loved one, even if you move away from a lifelong home. Take memorable items with you on a move, and incorporate memories into your new home. The process of going through a loved one's items can also provide clarity to go forward in life.

### **How decluttering empowers**

When a loved one passes, family members are often left with the task of getting rid of personal belongings. Although this process can be emotionally draining and involve a lot of hard work, it can also be an inspiration to simplify and declutter the entire family's life. This is not to suggest erasing the memory of a loved one rather to piggyback on the opportunity to let go of [unnecessary items](#) and re-organize your life.

And by going through the process of decluttering, you ultimately make a move that much easier.

### **Tips for saving money and time when moving**

Moving can be expensive, but there are ways to [minimize the cost](#) of the job. And, if you already went through the process of decluttering your home, you will have already done much to cut costs. Other steps to reducing moving expenses is to do as much of the work as possible yourselves or with the help of friends. After loss of a loved one, many will offer to help. You should accept offers for help, because when people offer condolences at times of need, they often sincerely want to assist. Turning away help, is just one of many moving mistakes you want to avoid, as they could help coordinate packing, decluttering, and cleanup.

### **Tips for minimizing stress on children**

If there are children who are affected by the loss of a parent, moving can add considerable stress to a trying situation. Children mourn in various ways, but it is important for them to deal with their emotions. Finding proper outlets can involve consulting with school counselors, behavioral health specialists or faith leaders.

When the decision to move has been finalized, it is crucial to focus on the positive aspects of the move, regardless of the age of the children. If the move is during the school year, talk to the children about problems they may have had at their old school and frame the move as a way to start off with a clean slate.

A death in the family is a stressful and sad situation. If a move is desired or necessary, there are ways to avoid adding more stress to your grieving.

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