

# Using NLP for a..

By Eve Menezes Cunningham

**W**e all know that even the most longed for move can be stressful. But there are lots of things you can do to make things go as smoothly as possible.

## Use visualisation to help manifest the home / office you want

Before you even begin looking online, through the papers and at estate agents, get clear about what you want. Jot down everything that you want in your new home or office. Create a complete wish list. If others are moving with you, get them involved. What would make it an ideal move for everyone involved?

Once you've got everything on paper, decide what's an Absolute Must and what's Desirable. This will save you lots of time when it comes to actually viewing properties. It will also help you all focus on the positives of your move at those times when you may be feeling less than positive about the whole thing.

## Create well formed outcomes (and keep them in mind no matter how frustrating things get)

"I've moved at least ten times," says Olivia. "Once, the outgoing people, who decided to save money by hiring a van, still had their stuff inside. In all the rooms, naturally. Our stuff was on the pavement (our removal bods were not happy) and it started to rain. When my partner moved, the removal van did not show up. I had to collar my son and a builder I know and hire a van in the space of an hour. I've moved to places where there were mouldy vegetables in the larder, all the lightbulbs had been taken and in our last house, the ladder to the loft. It was purpose built, so no good to anyone."

Allow extra time and money for everything so when unexpected hiccups and emergencies occur, you're not completely thrown. Prepare for the unexpected not by imagining all the possible ways things could go wrong but by anticipating that not everything will go according to plan. And remember, it's not personal.

“Move on a school day so you have children out of the house”

- Camilla

## Be flexible and pay attention to the feedback you're getting from the world

Sam's worst move was one she attempted to oversee from Los Angeles where she was working. Having paid "through the nose for an expensive company to come in and wrap everything down to the last teabag in my London abode" she did her best to relax and concentrate on her work.

"On the moving day itself I received a call from my buyers telling me all of my furniture was in the middle of the road and that she had witnessed neighbours having a rummage through my underwear drawer. Lesson learnt: always be in situ to direct the move."

Her best move was "One I organised myself, from the UK to France. After several moves, I'd finally learnt: discard what you'll never use again before the move." Having sold and donated books, furniture and other things, Sam "slimmed down my belongings to the things I genuinely needed. It was very difficult. I was surprised how attached and emotional I was towards inanimate objects. But whenever I'm in a conundrum about life, I always think about my motto of that moving period. 'Simplify.'"

## Get organised

"Having moved 10 times in the last decade, I advise keeping a list of everywhere that needs your address," says Anne. "Bank, utilities, council, TV license, DVD rental, any online retail sites you use like Amazon (so you don't accidentally post stuff to your old address) and everyone you have to tell when you move. This way, you won't have to spend ages remembering them all every time (as you will forget some). Use iammoving.com to generate letters, it's really useful."

"If you've got kids," adds Camilla, "Move on a school day so you have children out of the house."

What other things can you streamline just by being that bit more organised?

## Future pace to help make good decisions

"We had a spectacular disaster last time we moved," says Alan. "The day after we'd exchanged contracts



# Smooth Move



(and agreed to sell our kitchen equipment to our purchasers) our basement - which included the kitchen - was flooded to a depth of five feet.

"Suddenly the door from the lightwell burst open and the whole two rooms flooded. I and my neighbour were up to our necks in fast-moving water. It was scary (even more so in retrospect: our son was just 2 and could easily have been in a highchair in the kitchen, and if the neighbour hadn't warned us we wouldn't have known).

"We lost the cooker, fridge, washing machine, tumble drier and lots of other stuff, much of which we'd already sold to our purchasers. The house was uninhabitable, with no kitchen, electricity or central heating - all damaged by the flood. We had a 2 year old and Joan was two months pregnant. We stayed with a neighbour that night and with Joan's parents for the next couple of weeks while the debris was removed and the house dried out."

All this sounds unimaginably unlucky - especially for London. But for as much peace of mind as possible, look into all your insurance possibilities and make sure you're covered for all eventualities.

## Think about what you can do to support yourself

While some people would find moving every 10 years too frequent, others seemingly effortlessly move twice a year.

Stu Campbell, MD of Fire PR ([www.fire-pr.com](http://www.fire-pr.com)) has become an expert mover. As well as moving offices twice last year he has also

## “Discard what you'll never use again before the move”

moved house four times in the last six years. And the last move combined his and his partner's into one so effectively, he moved two house on the same day.

If you're the type who likes to get settled, keep reminding yourself that once you're settled in, this can be your home or office for as long as you want. In the meantime, think about the people you know who thrive on change. Are there some strategies of theirs that you could adopt? Just for the months of your move?

### Here are Stu's top tips:

- Get good quality packing materials - makes it so much easier and saves breakages
- If moving yourself invest in a small trolley
- ONLY use a reputable 'man and van' company or a removal firm
- Courier companies will often do removals (as long as everything is packed and you book a large enough van to take the load)
- Label everything and put lists on the outside of boxes
- Be realistic about timeframe - don't try to rush it. Allow "down time" or "time off"
- Cleaning is easier if the property is empty - often best to have a professional deep clean
- Set up key utilities before you move in - such as internet, phone etc.

"Have a clear out before you move," adds Olivia. "That will save moving junk from loft to loft. If you can afford it, get a packing service. Don't bother stressing over little things that are missing/aren't right when you move in. If you have little ones, give them a list of jobs to do so they feel involved. Much better than them getting under your feet. Get someone to look after your animals for the day if you can. Dogs and cats find moving as stressful as we do. Take cash out for movers' tips."

### Get yourself into a resourceful state

"Nothing makes it easier to get unpacking than by starting with a fortifying cup of tea," says Lynley. "Put essentials in a box clearly marked ESSENTIALS. These are kettle, cups, tea, coffee, biscuits."

What other things help you feel relaxed? Can you fit in a mini meditation or a little exercise that your body will thank you for (lugging furniture and boxes may be essential but a little yoga or gentle stretching will help you centre yourself and avoid injury)?

And most of all, be gentle with yourself. Everyone finds moving stressful to some degree. Just remember, it will all be worth it. ■