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What to Know About Making a Change of Scenery After Losing a Loved One

Losing someone we love is one of the hardest life events any of us will ever experience. And for some of us, it may be necessary to make a change of scenery after suffering the loss of a spouse, family member, or friend — especially if we shared a home with the person we've lost and could benefit from a fresh start in a new place. Moving immediately after a loss [is generally not recommended](#), however, so it's important to wait six months before deciding whether it's time to relocate.

If six months pass and relocating still sounds like a good idea, this guide [from Boron Funeral Home, Inc.](#) will help to make your move as easy as possible as you cope with your grief and learn to navigate life without your loved one.

Consider Downsizing

Depending on your situation, you might [want to consider downsizing](#) after suffering the loss of someone who helped to maintain your home and pay the mortgage. With downsizing comes less home and lawn maintenance, and in some cases, a lower mortgage payment as well.

Maybe you could move into a smaller home that's close to someone you love, or perhaps condo living could be a good choice if you're [looking to socialize with neighbors](#) and meet new people. Whatever the case, your estate agent can help you to find the perfect home for you as you embark on this new chapter in life.

As you think about making a change of scenery, start by researching the housing market in your desired area to get an idea of whether you can comfortably afford to live there. If it's a seller's market, you may want to hold off on purchasing until the market shifts.

Alleviate Moving Stress

Relocating may be just the thing you need after losing a loved one, but moving — like grief — is incredibly stressful. Between finding a new place to live, cleaning your old home, packing your belongings, and changing your address, [preparing for a move](#) doesn't allow for a lot of free time or self-care.

This is why it's so important to hire movers. These moving professionals can help with everything from packing and loading your belongings to unloading and unpacking in your new home. To keep costs down and stress levels in check, [compare moving company reviews online](#) and request quotes and written estimates from multiple movers. The most reputable movers will inspect your home before giving you an estimate, and written estimates will be provided.

If you need to relocate your business — perhaps if you're a small business owner or freelancer — there are some additional steps you can take to avoid disruption and downtime. The key is to plan your move early on, carefully label your moving boxes for easy unpacking, pay for professional moving services, and work remotely if possible.

Honor Your Loved One

Just because you're moving for a fresh start doesn't mean you have to leave your loved one behind. [Create a memorial shadow box](#) that's filled with keepsakes and photos of your loved one, and display a few of their belongings in your new home. Adopt one of the

deceased loved one's hobbies, enjoy their favorite foods, and live your life the way your loved one would want you to.

If your loved one was the chef of the family, gather the family together to prepare one of their famous recipes. [Cooking together is a great bonding experience](#) because you are working together on something you all love. You'll likely find it healing, too, as everyone begins to share stories of your loved one as you prepare and eat your meal together.

Focus on What You Need to Heal

Remember, making a change of scenery after losing a loved one isn't about running away from your grief. Rather, it's about moving through your grief and starting fresh in a new space. Remaining in the same home or city can be unbearable when you've lost someone you love, and moving and finding a new home could be just the thing you need to get back to living life once again.

Losing a loved one is a difficult process. Trust Boron Funeral Home, Inc. to make the technicalities easier for you, so that you can focus on healing. [Visit us online to learn more about our services](#), including pre-planning.