

## What You Can Do to Make the Moving Day go Smoothly

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Keeping a positive attitude on moving day is an important piece of the puzzle, but you also have to be prepared to actually move your possessions from one place to another. Here are a few practical tips to keep you feeling organized and ready when moving day rolls around.

- **Get plenty of sleep the night before.**  
There will probably be a lot on your mind the night before you move, but do your best to get a good night's sleep before the big day. You're going to need your energy. Plus, being well-rested can improve your mood and help you handle any challenges that may arise throughout the day.
- **Be mindful of what you wear during moving day.**  
It may sound like an insignificant tip, but pay special attention to what you wear on moving day. You want to be comfortable and able to move around, but you don't want to wear something that could get messed up in the moving process. Avoid things like dangling jewelry or uncomfortable shoes.
- **Prepare an essentials box with valuables and necessities.**  
Depending on how many boxes you're bringing to your new home, it may take some time to unpack all your possessions. If there are certain items you know you're going to want or need right away—like medication, phone charger, or toiletries—put them in a box labeled "essentials" so you can quickly access them. You can even keep this box with you rather than loading it up with the rest of your things.
- **Take a moment to say goodbye.**  
Once the boxes are loaded up, and the truck is ready to take everything to the new apartment, make sure to take a few moments to say goodbye to your home. This little step can help you find closure, even if you feel like you don't need it. Then, think about all the wonderful new memories you're going to be able to make in your next home sweet home.