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Making a New State Your Home: How to Move Without Stress

Moving to a new state can be an exciting, thrilling adventure for many people. Unfortunately, it also comes with its share of stress. As you prepare for your next adventure, you need to ensure everything is in order. That's why [The Joan Killian Everett Company](#) has put together the following tips and resources to make that move a little easier.

Steps To Take Before the Move

Before moving, make sure you have a clear understanding of your destination. If possible, try to visit the state beforehand. Make sure you feel comfortable or can picture your new life in the state. Also, determine whether you want to purchase a new home or rent a house when you arrive. In that regard, it helps to familiarize yourself with the market. For instance, in Hickory, the median home price is [\\$250K](#).

Many people choose to own a home to give themselves the freedom to [customize their space](#). Additionally, it helps increase your overall equity. Your equity is the difference between how much you owe on your house and the house's value. As a homeowner, you may be able to seamlessly operate a business [out of your home](#). You can choose whether the neighborhood matches your chosen career or the zoning laws apply to your company.

How To Stay Calm During the Move

[Consider hiring movers](#), if necessary. You may want to find someone trustworthy to help you pack, haul and transport your belongings to the new home. When you hire movers, you tend to have less stress. If you do not want a moving company, you can always rent a moving truck and take your belongings with you.

Make a clear timeline for packing your belongings. Try to pack non-essential items in the weeks leading up to the move. One major source of stress during a move surrounds food. Try to prep [your meals in advance](#) and set a meal schedule to avoid eating out too much. Eating out can leave you feeling sluggish and unhealthy when you need energy the most. Consider making large batches of oatmeal or purchasing bagels to eat in the morning. With lunch, you do not want to spend too much time prepping. Instead, give yourself nutrient-rich foods like hummus, sliced meat, finger foods or sandwich ingredients. Think about dinners that taste good when cold and hot. According to the experts, physical activity can help boost your mood and alleviate stress. [Stay active while moving](#) and eat enough healthy foods to keep going.

Ways To Make Your New City a Home

Once you arrive in your new city, [let yourself explore](#). While normal to feel nervous or afraid, do not let yourself become overwhelmed by it. While you should allow yourself to feel the negative emotions, remind yourself why you moved in the first place. Decorate your home to make it your sanctuary.

If you want to start your own business, begin once you move into the new home. Brainstorm ideas and follow your passions. To start a business, you need a business plan. Consider the business plan as a guide to your future success. It should include income predictions, business strategies, marketing ideas and how you plan to structure the company. Also, see how you plan to fund the project. If all of this sounds like a lot to take in, there's plenty of help to be found online. Start by looking up [how to start a company](#), and then follow all the steps to ensure your business can legally operate in your state.

Moving to a new city and state is an adventure. It does not have to be the most stressful time if you know how to alleviate the worries in your life and focus on the adventure.

[The Joan Killian Everett Company](#) is friendly, thorough and responsive, with the skills and professionalism to help you buy or sell your home. Our unique knowledge of the area can save you countless hours, endless frustration and potentially thousands of dollars. Call (828) 638-1666.