

THE EMOTIONAL SIDE OF *Downsizing*

DOWNSIZING isn't just a practical decision—it's an emotional journey.

Whether you've lived in your home for 5 years or 50, it holds memories, milestones and meaning. Letting go can stir up grief, anxiety or guilt ... and that's perfectly normal.

COMMON EMOTIONS THAT MAY ARISE

- **Grief** – Saying goodbye to a home filled with memories can feel like losing a part of yourself
- **Guilt** – Feeling like you're 'abandoning' a family home or being disloyal to loved ones
- **Anxiety** – Worry about change, the unknown or making the wrong decision
- **Relief** – A sense of peace or freedom after finally deciding to let go.
- **Excitement** – Looking forward to a simpler lifestyle or a fresh chapter.

TIPS FOR NAVIGATING THE EMOTIONAL PROCESS

- **Honor the memories** – Take photos, create a memory book, or hold a farewell gathering.
- **Involve your family** – Share stories, ask for help, and make it a shared experience.
- **Give yourself permission to feel** – Emotions don't mean you're doing the wrong thing—they mean it matters.
- **Focus on what you're gaining** – More freedom, less stress and the ability to say “yes” to what's next.

Downsizing isn't just about moving out. It's about moving forward—with purpose, peace and support.



TOM & NANCY HARVEY
Seniors Real Estate Specialists® (SRES®)
Outstanding Life Member Masters Club
Global Luxury Specialists
DRE #01894135 & #01864883
916.599.3019
TheTeamHarvey@gmail.com
TomandNancyHarvey.com

THE
TOM & NANCY
HARVEY TEAM

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