

Title:

Dread Moving? Tips to Help You Move Smartly

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Summary:

On the list of life's biggest stress-inducers, moving is right up there near the top. We all h

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Article Body:

On the list of life's biggest stress-inducers, moving is right up there near the top. We all h

But moving doesn't have to be a blood pressure booster. Here are some tips for a low-stress mo

\* Plan strategically. Yes, you do need to think about logistics before the day you move. Make

\* Label logically. Mark every box A, B or C, based on the three categories above. Include the

\* Pack carefully. Don't use newspaper - try bubble wrap or foam wrap instead. Don't overpack o

Also, place irreplaceable items such as photos, legal documents and jewelry in a special box t

\* Move smartly. Move bookcases, desks, cabinets and utility shelves first. That way, you'll ha

Unpack the "A" boxes immediately. This includes that special box you brought separately. Put t

\* Get help. If you're feeling overwhelmed, you might consider seeking help from a packing and

For example, Pak Mail centers will pack, crate and ship virtually anything, anywhere - even bu

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