



May's Dare To Downsize Tips

By Randy Veraguas

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Planning ahead is important. Planning in May is difficult. Could be hot. Could be cold. Could be dry. Could be wet. You get the point. It's impossible to be 100% certain. Same with downsizing. A quote I keep seeing pops into my head now: You cannot control the wind, but you can adjust the sails. I've seen it before but just last week it had been hand painted on a psychiatrist's office wall. Very appropriate. May is Mental Health Awareness Month. We just need to remember to adjust what we can and do have control over when we are downsizing. These aren't just downsizing tips I'm offering, they're general "Try to see the glass half full" tips. Coming from somebody who's moved over 20 times and in a couple of those processes, had to leave everything behind, I know it's more important to stay happy than to pack correctly. ☺

There can be many unknowns. So the better you plan for what you can control, the more likely you'll be able to emotionally and psychologically and sometimes physiologically, too, handle what is out of your control. Keeping that in mind, remember laughter is the best medicine. Don't wait for years to pass before you can look back at your move and laugh. Pick out the funny stuff all day long. Would an audience giggle if a camera were on you? Then so should you! You have the power to decide to be happy and see the positive. Sure it's easier said than done, so here are some tips I've found:

1. The Hearty Personality

Health Psychologists and many life insurance companies have agreed that there is a formula to longevity and better mental and physical health. Those that practice it are said to have **The Hearty Personality**. Here are the three things those with a Heart Personality do:

A. **Believe in something larger than yourself.** Could be religion, family, work, etc. Remember, no matter where you live you'll always have your beliefs.

B. **Reframe problems into challenges.** (Hooray! Now you can challenge yourself to making this the best move ever!.... or smaller challenges like, challenging yourself to bring one favorite thing from each room.)

C. **Believe you have control.** This is so essential.



Here's a little story that goes along these lines. Perhaps you've heard it before.

One guy walks up to a Wise Man and asks, "How is Town ABC? I might be moving there." The Wise Man asks the guy to describe where he lives now. The guy explains it's a horrible place and nobody is friendly. The Wise Man then says, "That is too bad, you'll find Town ABC to be the same way."

Shortly later, another man walks up to the Wise Man, asking the same question about Town ABC. The Wise Man again, replies inquiring how that man sees his current town. That man loves his town and says everyone is friendly. The Wise Man then says, "That is wonderful, you'll find Town ABC to be the same way."

So much of what we perceive, is exactly that, our perception. And who controls your perception? You do! 😊

2. Foods to boost mood

So you need some help to control yourself to see the positive? That's fine. I believe what we eat is very important but I don't know enough about it myself, so I found this list by Eloise Porter and have used these foods with much success. Here are Eloise Porter's list of the top foods to boost your mood.

<http://www.helpfordepression.com/slideshow/lifestyle-changes/10-foods-boost-your-mood>

Try these:

Salmon, Eggs, Leafy greens, Poultry, Whole Grains, Milk, Dark Chocolate, Walnuts, and Vitamin C.

Eloise Porter adds, "what you eat has a great impact on how you feel. Additional tricks that will help lift your body, mind, and spirit include: eating consistently throughout the day, limiting consumption of refined carbohydrates and processed food, incorporating soluble fiber and protein, and consuming the bounty of foods in this list."

She explains on the website how and why each of those food items helps lift our spirits. I highly recommend clicking over. (*after* you've read the rest of these fabulous tips! 😊)



3. Making Lists

Speaking of food, if you could see everything you were going to eat for the rest of your life, it'd be a HUGE pile. You'd probably be thinking, there's no way I'm going to eat all that. But on your last day, you'd look at the pile, and realize true, you'd eaten it all, and did so because you took one little bite at a time. Use that analogy when you're making a list of things you need to do for the move.

Making a list can be therapeutic or it can be very overwhelming. Either way, it does help to have a list. Most likely, for a move, it's going to be a mighty long list. That's ok. You're not going to do it all in one sitting. You're going to nibble away at the list, little by little, breaking it down into joyful chews, able to relish the flavors of the memories that come with every little task you can check off. By the end of your move, your list will have nothing left, much like the HUGE plate of food...nibbled away meal by meal.

Break down your agenda into little tasks that can be enjoyable instead of overwhelming.

4. Motions can control Emotions

My father, Dr. William F. Zella, PhD, has always told me to "Make my motions control my emotions." Most people do the opposite and have no idea it's happening. Imagine a sad person. Are they skipping along with a big smile on their face? Nope. Imagine a happy person. Are they lethargic and audibly whining? Nope. It's not rocket science, and again it's easier said than done....BUT... it does work!

You can control your emotions with your motions. Sure it's a trick at first, but after you've physically been doing something that you usually do when you're happy, you're bound to really feel the happiness. At least it will make it extremely difficult to sustain your blues when you're hopping around doing something you normally do when you're in a great mood. It's your choice. Who likes to be miserable? Oh yeah? They're lying. Nobody does. It's a choice we have and it's often times hard to make ourselves do something physical when we're blue, that we normally do happily. But if we keep it up, our mind is tricked by our body and it starts producing the feel good chemicals we love and before too long, we're sincerely feeling better because we **chose** to make our *Motions control our Emotions*.

So go put on your favorite records and play them loudly as your pack up....you won't be singing the blues anymore. (um, unless it's the Blues as in Louisiana Jazz Blues that perks you up.... Hahaha)



Summary:

Since May is Mental Health Awareness month and I've moved a lot, I hope you've enjoyed my attempt to bring those subjects together. Really, I've moved over 20 times and through national and international borders, leaving things behind, finding things I thought I'd lost, missing friends, making friends, missing family, reuniting with family. Yet, there was one consistent thing I learned and practiced that's way more important than any "how to move" tip. That is the fact that no matter if the move is by choice or not, what is always my choice is to see the positive side and choose happiness.

What are you going to choose?

To be considered for sharing your downsizing move on the TV show, Dare To Downsize, simply call or email Randy.

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Randy also has a website for her speaking engagements: www.positivepresentationsarefun.weebly.com

And if you're looking for medical home care, please consider CAREtenders, a Medicare certified Visiting Nurse Association. Randy will be happy to help set up the services of an RN and/or Physical Therapist, along with OT, Speech and Home Health Aides. CAREtenders also has psych services. ☺

