

# BuyingBlock.com

## Reducing the *STRESS* of Home Buying

I just broke down and started crying. It's just that buying a house is such a huge financial commitment and we're both stressed out about the whole thing. It has been dominating our thoughts and our waking hours for the last several weeks. We want to find the perfect, affordable home and now we realize we need help. We have no idea how to find the right people to help us and ensure that we do not get taken on fees and rates. It's not like we have the free time to fit everything into our schedules that already are filled with our own after work passions, kid's schedules and of course our work. How do we manage it all? Shouldn't buying a home be a positive experience?

*-Alice Whitley, 33 years old with a husband and 2 kids in tow.*

In order to get through Home Buying with sanity intact, here are a few tips to prepare you for the peak home sales period – coming up next month:

### **Engage [www.Buyingblock.com](http://www.Buyingblock.com)**

Buyingblock was created to do much of the work for you so that you can relax and enjoy playing with your kids or hanging with your friends. They are the one and only one stop home buying shop, providing a complete professional team. You can pick and choose what services you need (realtor, inspector, lawyer, mortgage broker, appraiser, insurer, mover, etc.). Additionally, they manage and are accountable for the whole process ensuring that it goes smoothly all the way to the turn of the key in the door of your new home. Better yet, they utilize the size of their membership to get the best rates and fees while it costs you nothing. Think of BuyingBlock as 'the guy' to help you out.

**Focus on relaxing things.** Rather than just jamming your days full of other things that need to be done besides the home purchase, pull the throttle back on some

aspects of your life. For example, your house might not be quite as clean as it usually is. By spending your spare time doing more relaxing things, you are better able to focus and address house-buying issues when the necessary time comes.

**Make it as fun as we can.** Spend your evenings thinking about the fun parts of owning a home: lying on the front lawn on a hot summer day, sleeping in on Sunday mornings, playing tunes as loud as you'd like. These are things you really look forward to having and thinking about them makes the process a lot more fun.

**Eat healthy.** By adding home buying to your already busy schedule, you are sure to be cutting back on certain things. Healthy eating is usually the first to go. Either homebuyers skip meals or turn to fast food joints for a food fix. Making eating healthy should be a priority. Perhaps, you can focus on quicker meals like fruit shakes. Remember, anxiety and crabbiness are typically caused by low levels of quality fuels.

**Define what is important.** Many of you have either read or seen the *The Secret*. Like it or hate it, the message around defining what you want and visualizing it makes a ton of sense. Take the time to write down a list of the most important features you want in your home and do not deviate from it. Categorize them as must haves and nice to haves. Of course, you need to have realistic expectations -a football field in your back yard is not reasonable. Instead, maybe you can settle for living close to a park. You may also want to check out some home mags at Indigo/Chapters to give you an idea of what your home can consist of.

**Reduce pressure.** Don't start when you absolutely have to. Instead, start talking about it ahead of time. If you can avoid it, please don't attach a date for move in. Buying a home is really important. It is your oasis from the outside world. If you end up buying something just because of time, you are headed for disaster.

**Thinking realistically.** Your perceptions influence how you react to stress. Says Carol Moores, a stress expert: "Confront your negative, distorted thinking and re-think it. Ask yourself, is my thinking illogical or impractical? Does it fly in the

face of good sense and logic? Do it really have to be perfect in everything?" You will eventually find the perfect home for you. Just give it a chance.

No need to cry. If you do, we hope you will be crying in joy rather than exhaustion during the peak house sales season.

**Written by Bruce Whitaker, former performance improvement consultant and now Co-Founder of [BuyingBlock.com](http://BuyingBlock.com).**