



PERSONAL REAL ESTATE CORPORATION

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COMMON SENSE HAS FOUND A HOME



# FEBRUARY 2020

## Residential Sales by Price (Year To Date)

Price Range	2020	2019
280,000 to 319,000	0	0
320,000 to 359,000	0	0
360,000 to 399,000	1	0
400,000 to 439,000	0	4
440,000 to 479,000	4	3
480,000 to 519,000	2	7
520,000 to 559,000	13	7
560,000 to 599,000	5	8
600,000 to 699,000	24	18
700,000 to 799,000	18	12
800,000 to 899,000	12	7
900,000 to 999,000	7	2
1 million and over	13	8

## Real Estate Stats Last Month

Average house price	\$724,367	\$688,886
Median house price	\$674,450	\$642,500
Average Mobile Home price	\$185,538	\$125,818
Houses listed	241	283

## Residential Sales (Year To Date)

Type	2020	2019
Acreage/House	3	5
Townhouse	38	33
Condo	64	60
Lots	14	7
Mobile Homes	13	11
Residential	116	80
Residential (Waterfront)	1	0
<b>TOTAL</b>	<b>249</b>	<b>196</b>

## Active Listings

Res	Mobiles	Strata	Lots
743	81	748	443

Okanagan Mainline Real Estate Board Stats  
Not intended to solicit properties already listed for sale.



# THE REAL ESTATE REPORT

## HOW TO BOOST YOUR MENTAL HEALTH THIS WINTER

*These useful tips can help you get a handle on your health*

February can be an important time to boost mental health. After a particularly snowy winter, spring is around the corner, yet can still seem far away. What steps can you take to alleviate pressure and improve your mood? Here are a few helpful tips:

### Make a list

Sometimes the amount of unfinished business and tasks can seem overwhelming. A tendency to hold them all in your head can increase your stress and occupy useful bandwidth in your brain. One anxiety-reducing activity is to write everything down, making a list or journaling. Getting everything out on paper can alleviate some of the pressure. Depending on your personality type, you may want to hide it in a drawer or, alternatively, post the list somewhere visible in your home to help keep things in focus.

### Small bites

For some, a list with no action can add to anxiety or depression. At

the start, don't focus on the entire list at once, but break it into "bite-sized" pieces. This may involve breaking down a large task like "furnace maintenance" into smaller steps, such as: research companies, contact company to schedule, create ongoing maintenance schedule. This transforms it from a looming, insurmountable chore into an accessible step-by-step process.

### Small wins

Although breaking down tasks using the above method may make the list seem longer at first, it allows you to focus on one step at a time and celebrate each small win. This can take several forms, from a simple checkmark when finished, to a bigger reward for more challenging or dreaded chores. When possible, try to make your rewards healthy, such as affirming words, an inspirational quote plaque or a fun type of exercise. Then you will improve your wellbeing while improving your life.

