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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
TOTAL	249	196

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.

