

## When the children have left home: adjusting to an empty nest

You have protected and guided your child, comforted and supported them, and [prepared your son or daughter](#) to begin the next chapter in their adult life. Chances are you feel both excitement and worry as they venture out on their own.

Whether it's the first or last child leaving home, many parents have difficulty letting go. You may feel a loss of identity or purpose, and even depression once your grown children move out – welcome to Empty Nest Syndrome.

While many young adults continue to live at home, many more move away from home for studies and career – this is something parents need to prepare for.

The best way to [handle the transition positively](#) is to recognize that it is normal for parents (and siblings) to have strong emotions when one of the children leaves home. You will need to rearrange and incorporate new routines and activities, as well as new ways to stay in touch with your child.

Parents may feel sad or lost when they no longer need to tend to their child. Consider your empty nest as an opportunity to:

**Re-discover old hobbies or develop new interests.** Now that you have more free time, why not play the sport you used to love, sing in the church choir again, or finish a project you started years ago? Perhaps you have a goal or interest that was put aside to raise your children like taking classes or getting involved with a fitness trend like enrolling in yoga or going hiking. Now is a great time to commit to a healthier lifestyle.

**Re-ignite relationships you may have let slide while raising your family.** Studies have long proven that investing in [friendships](#) is good for your health. However, being a parent often means putting friendships on the back burner. Take a moment to make a list of five friends or relatives you have been missing, and make time to reconnect with them.

**Give back.** Getting involved in your community by volunteering for charitable causes you believe in will re-define your role, and offer the chance to meet like-minded people and learn new skills.

**Enrich your relationship.** While busy being parents, couples often lack the time and energy to invest in being partners. One perk to becoming an Empty Nester is the opportunity to get to know each other again, to reconnect, and to redefine your relationship. Take advantage of the increased time you now have to find old and new activities, big and small, that will give you pleasure in the relationship. If you find that it is difficult to reconnect or perhaps the transition is causing tension think of using your EFAP to support discussion and help you to deal with the situation together.

**Embrace technology to stay connected.** Of course you miss your child, and being there for the day-to-day ups and downs in his or her life. But you might be surprised to find your relationship becoming even stronger, as you begin to relate to them as adults. Thankfully, communication has never been easier – between Skype, FaceTime and texting, your son or daughter is never more than a few clicks away.

**Trust your parenting: your son or daughter is ready.** As your child leaves to take on the responsibilities of a study or career, you can take pride in a job well done as they succeed and continue to grow into responsible adults.

## Workload survival tips

Whether you're returning from vacation or a team member has left your team, knowing how to handle an increased workload can help make you less stressed and happier in the workplace. Check out these workload survival strategies and try putting a few into action today:

**Try some teamwork.** Need hands-on help? Ask a colleague for assistance, delegate some work to others, or ask your supervisor to re-evaluate your tasks. Remember to thank the people who make an effort to help you.

**Learn how to manage stress.** If you never seem to catch up on your work, try organizing your time differently – breaking tasks into smaller chunks, or doing the hardest parts first. Establish boundaries and build in time for yourself and your family to cope with stress.

**Break up the day.** Sitting in a cubicle can drain the energy out of your body. Get outdoors once or twice each day – eat in a park, or take a stroll with a co-worker to clear your head.

**Figure out how long you really need to be at work, and stick to that schedule.** Resist the urge to stretch out your workday – either by remaining at your desk, or bringing extra work home with you.

**Take a moment to appreciate the great things your job offers.** Your boss is flexible and supportive, there is plenty of parking in front of the office, and the cafeteria serves up healthy, inexpensive menu items you enjoy eating. Being mindful about positive things can improve your productivity and your mood.

**Let go of today's whirlwind and focus on your future.** Sketch a diagram of where you would like to be in five years. Aim for specific, measurable goals – a lateral move, a management position – and list the steps you need to take to get there.

**Cultivate a positive outlook towards work.** List the new skills you have mastered, friends you have made, and goals you have accomplished.

**Unplug.** Sure, some jobs oblige you to stay connected. However, often we simply become accustomed to checking email and voice messages long after quitting time. Limit tech time when you are with your family to help everyone re-connect.

**Get up and out.** With chronic disease and lifestyle-related health issues increasing worldwide, make your well-being a top priority. Find a fun physical activity and commit to participating three times a week. Physical activity improves mental health and your immune system, and reduces stress.

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Looking for additional support? Your Employee and Family Assistance Program (EFAP) can help. You can receive support through a variety of resources. Call your EFAP at 1 800 387-4765 or visit [workhealthlife.com](http://workhealthlife.com).



# BALANCE

A wellness update for your work, health, life

**Take on another job... volunteering!** Many companies partner with community groups or charitable organizations. Giving back – either on your own or as a family – is a great way to meet new people while supporting a cause you believe in.

**Reach out.** If you are having difficulty at work or at home, consult a professional to help you prioritize, manage your time, and find practical solutions.

Make conscious choices that keep you physically and mentally healthy so you can achieve your best work performance while also meeting the needs of your family. Small changes can greatly impact your overall well-being.

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