

An Empty Nest Support Newsletter

Branching Out

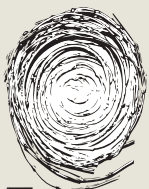
Providing support and encouragement through the joys and challenges of this transition.

Good Practices for Empty Nesters

Anticipating the empty nest or sitting in it is a time for re-envisioning and reinventing your life.

During the process here are some ideas:

1. Keep your home beautiful - Get rid of clutter. Add something you love to look at.
2. Exercise - To stay motivated have a variety of things to do.
3. Stay aware of your worst time of day - If your worst time is when it gets dark, plan to make a dream collage with old magazines, check in with a friend on the phone or email.
4. Be flexible - Take a little risk. Remind yourself you get to change your mind.
5. Get support - Don't go through changes alone. Ask for help. Email a friend for ideas. Ask a buddy to help you exercise, by having him or her send you an email of support each morning for 2 weeks.
6. When in doubt about yourself act as if you can do it and then go out and do it - Pretend you are an actress or actor and get into character. What would that character have to do to prepare? How would she/he handle the fear of being in front of an audience or getting rejected for a part?
7. Curiosity and compassion can be your two best friends - Let yourself have a good day by planning something that you know is fun for you. Put it on the calendar and then go and strut your stuff.



Empty
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Support Services

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