

# EMPTY NEST

## SUPPORT SERVICES

### Empty Nest Support Services Welcomes You

*"Learn the alchemy true human beings know. The moment you accept what troubles you've been given, the door will open."*

RUMI POET

Whether you are on your way to emptying your nest or already sitting in it, you are faced with changes.

Three changes are knocking on your door:

- DOING RIGHT BY YOUR CHILD
- DOING RIGHT BY YOUR FAMILY
- DOING RIGHT FOR YOURSELF

**THE LATTER BEING HIGHLIGHTED!**

In the six years since I created and launched Empty Nest Support Services, the most common question I am asked across the country is: AM I NORMAL TO BE MISSING HIM/HER SO MUCH?

For eighteen years you have been in the parenting role and at a blink of an eye, you are kicked out of the kingdom of daily being with one the most rewarding and precious teachers of love... your children. Why wouldn't you feel off or sad or confused and wonder what is next for you?

A SECRET TO CHANGING IS: NOT TO COMPARE YOURSELF TO OTHERS. You know you and your children and family better than anyone else. Comparing yourself to others is a habit to break. It also is a distraction to knowing what you need each day and what you are feeling.

#### WHAT WE DON'T KNOW

Suffering and celebrating go together. We forget that both are a valued life. We don't know how to go into the loss and how to come out of it. Change is a process not only a choice and decision. It is not true when the voice inside you tells you that you already cried and felt the pain; do you need to cry again? You should be over this already. Your life isn't that bad for you to be stuck, lethargic, out of balance, lonely, depressed, just because you are in the empty nest. One woman in the group said, "It is like breaking up after being in love for years. Ya, I will let go, but gee can't I be sad for a day without people saying I should just be proud of myself and my kids."

#### HOW DID EMPTY NEST SUPPORT SERVICES GET LAUNCHED?

I created this support when my daughter was a senior in high school. I realized I was going to be hugging her goodbye, three thousand miles away from home at the college dorm. I knew I would fly home to a silent house, forced to change my role from manager to mentor, mother to woman. The relationship we were heading into would be different than our past.

## I DID NOT WANT ANYONE TO GO THROUGH THIS MAJOR LIFE CHANGE ALONE.

I had been a Speech and Language Therapist for decades and a Facilitator of Women in Life Transitions since 1982, which I created.

I took a leap of faith that included shaky knees. I left my career, and started Empty Nest Support Services in my fifties.

I had my first ah-ha about this idea when I was at my daughter's high school college meeting. I started an empty nest support group with mothers in my house and thought it would only last for a year.

Six years later, I continue to be passionate to teach, inspire and pass on the learning's of how to make changes, find new meaning and a freedom that yes, DEFINITELY includes HAPPINESS.

## EMPTY IS WITHOUT.

You will be in a period of grieving. There is no RULE for a timeline. Each of us is connected because we share a common community of empty nest AND each of us has a unique way of journeying this change with your child, your family, and yourself.

I invite you to read the FREE NEWSLETTERS which give stories and tips and support, as well as, the BLOGS and STORIES OF THE MONTH from other parents on this journey and join in the FREE MESSAGE FORUM where we are building an ongoing community of support.

## FIVE REMINDERS FOR CHANGING IN AND OUT OF THE EMPTY NEST

*"If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in."*

- RACHEL CARSON

When you read that quotation you saw it was a message for keeping wonder alive in our children. Yes, you figured it out. It is true for all adults too, that we need at least one adult to speak with, to show us some avenues to walk, and to inspire us from the rut. Who do you think of when it comes to one adult for support? If no is around, where can you get support?

## BE REALISTIC and NOT A CRITIC -

You will have days of momentum and stagnation. Open to new perceptions of your situation and keep expectations grounded. If you are like me, we like a straight line so we know what to do when it is something we haven't done and yet we like to follow our own rhythm. We want immediate gratification and we know that doesn't usually happen unless it is eating rich chocolate.

My point is the word AND....both voices in our heads are active. This is true and so is this. When you are looking at a situation and checking out your expectations keep going by saying something like, yes this is true that I am bored and it is true that I need help and I think about my children rather than myself because it is an easy habit and I don't know what to think about in regards to myself....You get the idea.

## GET OFF THE HAMSTER WHEEL -

Round and round is dizzy making and I don't know about you, but even as a child that didn't feel good to me.

Stop the chatter in your head. Move or call someone, read or do art, go the bookstore or on a hike. Gear up to stop spinning by saying, ENOUGH to that voice in your head that tells you the same excuses why you can't...not enough time, tired, can't figure it out, nothing works, etc. and just do something to shift the hamster off the wheel. It doesn't matter what you choose, just choose and do.

ASSESS how you are doing BY THE WEEK and NOT THE DAY. First write what you want to do by next Sunday, example, meet with an old friend, call a colleague, join a hike in the community, go to one astronomy show, research in the library one thing you love to do.

Notice how you feel that you picked one thing, wrote it down and did it or didn't do it in the week. You are to be compassionate with what you notice about you and that week. NO CRITIC or change gets gobbled with little nourishment.

## MAKE A CALL -

I get in the habit of not asking for help when I am at a beginning project. If you do too, shift that and make a call for help.

Getting help at any stage of your journey will for sure uplift you and head you into what is true for you and what isn't which are two inner voices you need to make changes.

### *Emptiness is a cycle of life that includes:*

1. Time to focus on yourself in a new way
2. Build a healthy relationship with your changing adult children. They will continue to come home and leave over and over.
3. Build a new community since the school days of your community ends.
4. Discover new meaning in your life.

I am happy to tell you that I am enjoying a new freedom and joy I never imagined when I first began the emptiness.

One gift I discovered by assessing who I am, who I am not, as well as, who I was before marriage and children, was the writer who had gone dormant.

Until I had this empty, open space in my life without children interrupting, I had no idea I use to love writing. I remembered my third grade teacher saying to me after she handed back my autobiography, "Natalie, I love the way you write and tell stories. You are funny and serious. If you want to, you could be a writer when you grow up."

I don't have to be a brilliant writer. I have to enjoy a new form of creativity that enlivens me and hopefully offers support for others.

I just forgot about her until I sat in the emptiness with Kleenex and then got packing with new ideas of what mattered to me, lifted me, connected me with others, and built new inner resources for change. The journey for me still includes Kleenex, unpacking, tossing, and refilling my bag with new ideas.

Isn't it great being an adult and not needing permission from anyone to CHANGE YOUR MIND. At first, I would go to a book store and then leave because I just didn't feel like being in a crowd. I wanted my safe harbor of home with flowers, music, DVD's, tea, and my pastel crayons and journal. Confession, I ate in bed and sat in the crumbs and yogurt stains on my clothes. I needed comfort and safety.

## Click here for the

[Blogs](#)

[Newsletters](#)

[Message Board](#)

[Story of the Month](#)

Check out the event in October where we will be gathering at a Resort and Spa rated by Travel and Leisure Magazine as a top resort for 2008, RANCHO LA PUERTA RESORT AND SPA, near San Diego, Ca. I would love to meet you there. Click on **Events** at [www.emptynestsupport.com](http://www.emptynestsupport.com)

I blog weekly. Read them and add your comments. You can find me on [Twitter](#), [LinkedIn](#), and [Facebook](#) so I can connect with all of you.

We have a supportive community with exciting ideas and questions that parents share. Join us for FREE.

You can stay anonymous until you feel ready to share. Did you know people have healed and built happy lives because they have an ongoing relationship on websites where they have find common interest and support more than ever before?

I look forward to connecting with you and adding support through your changes.

I have grown in surprising ways through a lifetime of changes that includes sudden bed rest during pregnancy, life threatening illness, divorce, fires, floods, moving, career change, remarrying, care taking parents, empty nest, death of parents, death of best friend through suicide - - I LEARNED TO LOVE THE LIFE I HAVE AND KEEP MY DREAMS ACTIVE.

Life is full of paradoxes and complexities. I know I need support. I need to make time to GO HAVE FUN. I need to assess, persevere, and step from a foundation of all life matters.

### BELOW IS A LIST OF THE NEWSLETTERS YOU CAN READ FOR FREE:

May 2008- Empty Nesters Bloom...  
April 2008- Never Give Up...  
January 2008- Empty Nesters Open the Windows...  
November 2007- Home for the holidays...  
October 2007- Valuing Yourself...  
September 2007- Fall Into Yourself...  
August 2007- Leaping into Change...  
July 2007- On the Way to Emptying the Nest...  
June 2007- They're Back...  
May 2007- Keeping Perspective...  
April 2007- Spring into Something New...  
February 2007- Empty Nest Quiz...  
January 2007- 6 Quick Tips...  
December 2006 - I can't believe it is December...  
November 2006 - The kids are coming home for Thanksgiving...  
October 2006 - Obsessing...  
September 2006 - We've had bad luck with our kids - they've all grown up...  
July 2006 - Summer Is Fun In The Sun Time...  
June 2006 - Good Practices For Empty Nesters...  
April-May 2006 - Friendships...  
April 2006 - Empty Nesters Going On A Spring Hunt...  
March 2006 - Core Values...  
February 2006 - What To Do...

MY KEYS TO KEEP ON KEEPIN ON HAVE BEEN...  
COMMUNICATING EFFECTIVELY, STAYING CURIOUS,  
AND TRULY LIVING COMPASSION.

You hear it all the time, especially when it comes to changing your weight, body, health, that someone will say, IF I CAN DO IT SO CAN YOU.

I am in that clan - If I can go through CHANGES and FEEL HAPPINESS AND PEACE, SO CAN YOU.

PS, I too had to lose weight and who doesn't - five pounds or fifty, it is a change. I do have the skill of seeking, persevering, communicating head to heart, having fun, and I don't have the skill of patience or not wanting immediate gratification...I am on the way to course correcting those behaviors that also can be gifts for me...That will be another story...how behaviors have both a positive and limiting side to them.

I can't wait to see what comes next. My middle name is HOPE, I was born with it and I count on it daily.

TAKE GOOD CARE,  
*Natalie Caine, M.A*

- Call for a private telephone consultation
- Invite me to speak in your community
- Join our workshop
- Learn how to start a support group
- Meet me on [Twitter](#), [LinkedIn](#), and [Facebook](#)

***Change is inevitable.  
Get ready Get Support***

[www.emptynestsupport.com](http://www.emptynestsupport.com)

[natalie@emptynestsupport.com](mailto:natalie@emptynestsupport.com)

800.446.3310

Los Angeles 818.763.0188

FAX 818.763.1743