

*“People think I am disciplined. It is not discipline. It is devotion.
There is a great difference.” ~ Luciano Pavarotti*

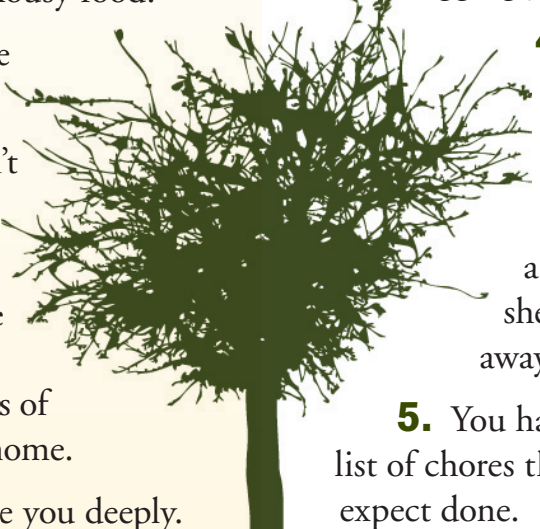
EMPTY NEST

SUPPORT SERVICES

THIS NEWSLETTER CONTAINS:

☛ Thanksgiving Reality Check List ☛ Ways to Fight the Blues ☛ Quick Tips ☛ Reminders ☛

The kids are coming home to fill the empty nest for Thanksgiving. Here is a reality check to make the weekend fun and connected:

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- 1.** They aren't who they were when they left.
 - 2.** They have gotten more autonomous.
 - 3.** They want time with their friends.
 - 4.** They don't want to plan far ahead.
 - 5.** They haven't slept much.
 - 6.** They ate lousy food.
 - 7.** They have homework.
 - 8.** They don't like a lot of questions.
 - 9.** They love the comfort and memories of home sweet home.
 - 10.** They love you deeply.
- 1.** You are cleaning, looking at recipes, marketing, cooking, and adding beauty to your home.
 - 2.** You are so excited that work is slipping in the background.
 - 3.** Your other kids want time with their big sis or big brother and are nagging you.
 - 4.** Your pets are feeling the change and a little angry that she/he went away.
 - 5.** You have a list of chores that you expect done.
- 6.** You have fears of battles about curfew, time with the family, sharing the car, cleaning up, and not being awakened with loud music and friends over.
 - 7.** You have memories of playing games, singing, cooking and baking together, shooting hoops, and watching the games.
 - 8.** You miss love ones who are no longer here.
 - 9.** You feel tearful that it could be grandma or grandpa's last Thanksgiving.
 - 10.** You love your kids so much that you're singing in the shower, again.

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IF NO ONE IS COMING HOME and you are feeling the blues for good reason:

Get movies to
watch at home



Read your local paper
and see what the
community is offering.



Make holiday cards
ahead of time



Go outside and read a
book you can get lost in
for inspiration.



Light a candle
every evening.

Shift your perception
when you can that
maybe this holiday is
just for you and you
are being spared
some drama.



Write on the
message board of
www.emptynestsupport.com
and you will have
support there
for sure.



Keep Kleenex
with aloe in it and
let those tears fall.
They won't drop
forever.

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Bottom line is: THANK GOODNESS FOR TIME TOGETHER. Talk with your precious ones before they get home about some of your top needs, even if you have to send it via email because they are too busy to chat.

In the moment, pause, look around, and take in the beauty and love of your family.

Practice letting the little issues drop and the big appreciation rise to what really matters in the moment.

We aren't the Cleavers and we aren't Martha. We are unique families on the path of learning to love and be loved.



Gracias... Merci... Danke...

Thank you for being part of our growing empty nest support community.

QUICK TIPS:

1. Keep a basket of cards, pick up stixs, jacks
2. Choose three favorite CD's to play
3. Make a basket of quotations to pass around the table. Each person reads one out loud and they also get to not read if they choose not to. They keep their quotation.
4. Have a container of balls outside
5. Extra keys for the front door and car

REMINDERS:

- 🌿 Send your story to me: natalie@emptynestsupport.com
- 🌿 Invite me to speak in your community
- 🌿 Check the web for new contests and prizes in December.
- 🌿 Post your favorite gifts that you gave and got.
- 🌿 Where are you going on vacation?
- 🌿 Write to me if you want to know how to start a support group in your neighborhood.
- 🌿 Call or email me if you are interested in attending an empty nest retreat: natalie@emptynestsupport.com or 1-800-446-3310
- 🌿 Forward this newsletter to a friend