

## Tip sheet

# Dealing with an empty nest

While an empty nest can be bittersweet, this new phase of life offers a great opportunity for personal growth, rekindling relationships and exploring new passions.



### Personal

#### Acknowledge change

Remind yourself that change is a natural part of life, and that it's important to take time for your new situation to settle before making any big decisions.

#### Embrace your emotions

Allow yourself to grieve the changes while embracing the newfound freedom and possibilities they bring.

#### Rediscover personal passions

Use this time to reconnect with hobbies and interests that may have taken a back seat.

#### Focus on self-care

Prioritise your physical and mental wellbeing by setting a regular exercise routine and practising mindfulness.

### Social

#### Reconnect with your partner

Use your newfound space to rekindle the romance. If you're single and want companionship, consider getting back out there!

#### Expand your social circle

Strengthen existing friendships and make new connections. Social networks offer valuable emotional support and keep us active.

#### Volunteer and give back

Devote your time to causes that resonate with you. Volunteering provides a renewed sense of purpose and connects you to your community.

#### Stay in touch with your children

While they're carving their own paths, keep open lines of communication with your children. Support their independence while letting them know that you're there whenever they need you.

### Developmental

#### Explore new learning opportunities

Enrol in courses or workshops to learn something new. Stimulating your mind can help you stay sharp and enthusiastic about life.

#### Revamp your living space

With fewer people at home, consider redesigning your living space to reflect your evolving tastes and preferences.

### Contact

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