

More Empty Nest Adjustment Strategies!

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I was talking with my friend today about my summer plans now that my son will only be home for a short visit. It had not occurred to me that I would have more time for myself until we discussed my summer schedule. In the past I always provided my son with extra time for visiting and playing together throughout the summer. Now I would have a completely free summer. When asked what I would do after my work day, I came up with the following 10 activities:

Focus more on my own health and physical fitness



goals.

Read books for fun.

Make time for visiting with my friends.

Take a couple of long weekend trips with my spouse.
Go to the beach, breathe the fresh air, take a walk,
and enjoy a great meal.

Be a kid for a day and play.

Organize myself without becoming overwhelmed and
clean out two more rooms in my house.

Give away 10 sacks of papers, brochures, and excess
collectibles.

Donate 5 bags of clothes that no longer fit to a
local charity.

Give 100 professional books to teaching colleagues.

My friend and I agreed that I would check back in with
her in mid-August before the start of the school year.
At that time, I would determine how successful I was in
completing my list of accomplishments. Ideally, I would
be able to report that I feel relaxed and refreshed
after spending more time playing, pursuing my interests,
and organizing myself with less clutter.

Relish the simple pleasures of life!

Yvette

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