

# Parenting Tips: How to Deal with Empty Nest Syndrome



By [Ashleigh Underwood](#)

When you have a child, [parenting](#) becomes a big part of your life. You are invested in your kids, and much of what you do is about them and for them. What happens, then, when your children grow up and no longer need your constant care? Unfortunately, for many parents, the result is empty nest syndrome, causing depression and extreme loneliness. Thankfully, [PsychologyToday.com](#) offers some helpful insights for dealing with these tough times.

**If you're struggling with Empty Nest Syndrome, worry not. Cupid is here to help, with five [parenting tips](#) to deal with your symptoms:**

**1. Talk it out:** In most situations, the best thing you can do is talk about how you feel. Getting your emotions out in the open allows for you to release some stress you have and to think out your problems. Opening up to your spouse or your friends can also give you a new perspective on your feelings. Odds are they are going or have gone through the same situation.

**Related Link:** [Parenting Tips: How To Cope With Stress](#)

**2. Find new hobbies:** When her youngest children went off to college, [celebrity mom](#) Susan Sarandon took advantage of her free time. She jumped headfirst into her acting career and

stared in a Broadway play. Whether you throw yourself into your work, like Sarandon, or take up painting, a new activity can easily distract you from your quiet home.

**3. Keep in touch:** Just because your kids have flown the nest, doesn't mean you can never talk to them again. Stay in contact! Every once in a while, check in with your kids and see what they are up to. This will keep you feeling close and connected with them, even while they're gone.

**Related Link:** [Parenting Tips: How to Connect with Your Teenager](#)

**4. Stay positive:** In hard times, it is easy to fall into a negative state. You can tell yourself every negative scenario in the book, but it will only make things worse. Instead, keep your head up and focus on the positives. Every situation is easier with a positive attitude.

**5. Prepare beforehand:** Before your children leave, take some time to prepare. Enhance your personal and social life so that you have something to look forward to when they are away. Make new friends, start new hobbies or even begin talking about your fears in advance.

**How do you deal with empty nest syndrome? Comment Below!**