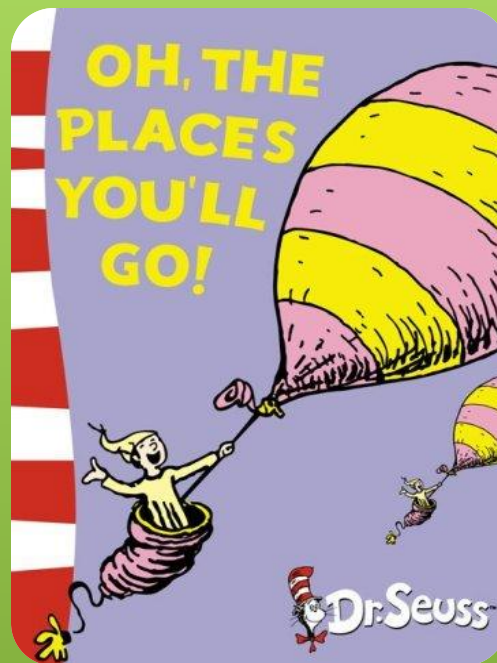
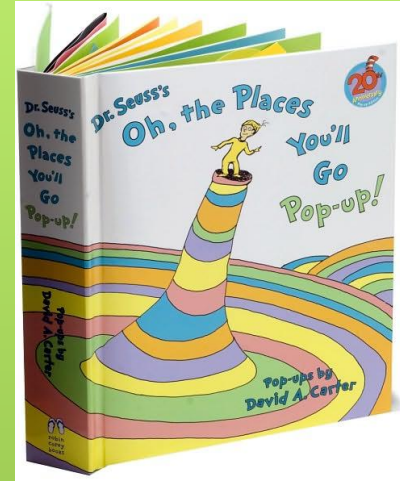


# “Empty Nest”

Brandi Gibson, LMFT, LADC  
Director of University Counseling

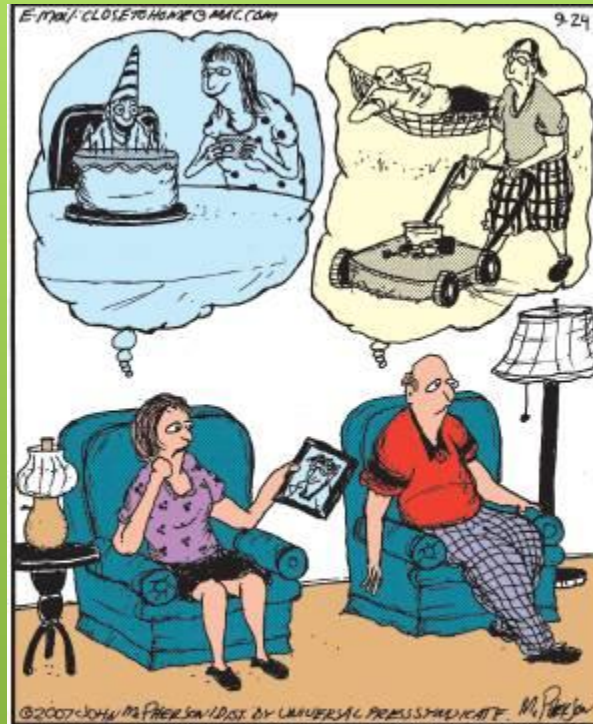


# “Empty Nest Syndrome”



- The term was created by psychologists in 1970's to define a sense of loss or depression that parents often feel when their children leave home.
- Other terms: “Helicopter parents”, “cellular leashes”, “post-launch honeymooners”

# Empty Nest



With their only child off to college, the Gilmonts each suffered empty-nest syndrome in their own way.

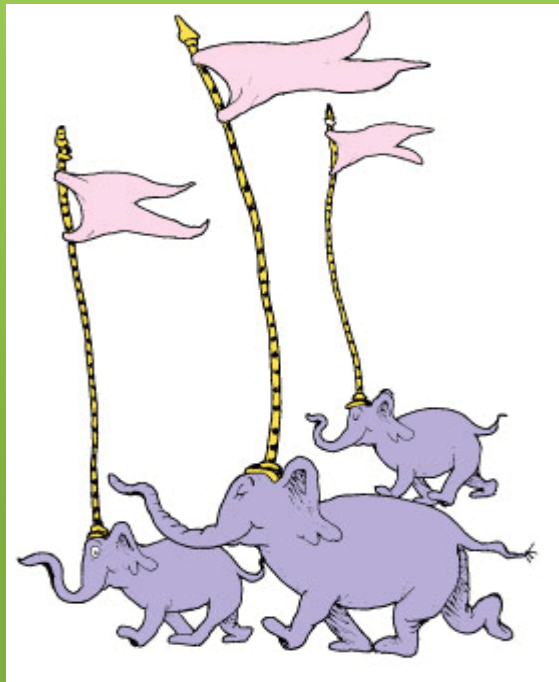
# Empty Nest Facts



- Term can also be applied to a changing in the nature of the relationship
- Stereotypically applied to mothers
- Extra space both physically and emotionally formally occupied by a child
- No medication; no psychiatric code
- Usually lasts about 6 months

# Empty Nest

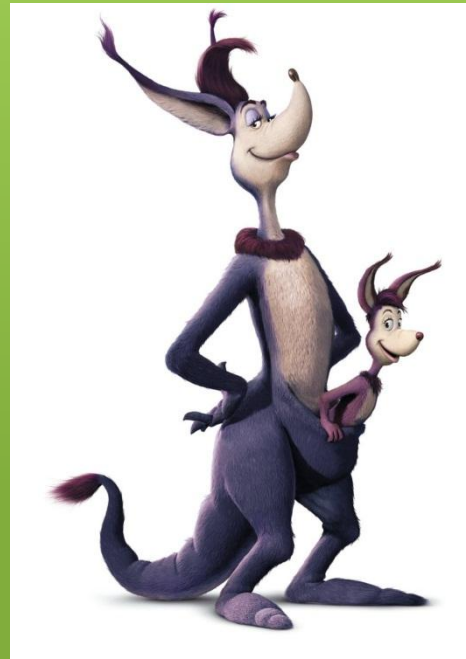
- In some cultures, such as China, the older generations receive great respect and care and therefore we rarely see signs of “empty nest syndrome”.
- This term is more of a “modern” term when a child leaves the house to establish permanent life elsewhere.



# Feelings

Feelings regarding empty nest may include:

- Frustration
- Amusement
- Sadness
- Ambivalence
- Sense of uselessness
- Loss of authority
- Lonely
- Stress
- Anxiety
- **JOY!**



# Dad's aren't immune

- Men experience grief as well when children leave home.
- Communication is crucial during this phase.
- May have to re-negotiate and find a balance in marriage.
- Try not to avoid verbalizing feelings.
- Try to avoid negative behaviors such as drinking.

# Empty Nest Do's and Do Not's

## **DO**

- Obtain a hobby
- Engage in rewarding relationships
- Prepare for this big change/transition
- LISTEN
- Rest and Restore
- Make Care Packages

## **Don't**

- Over protect
- Over support

# Empty Nest Re-defined

1. Time to re-define your role from nurturer to more of a mentor or life coach.
2. Explore possibilities of your own personal growth; spiritual, financial, emotional.

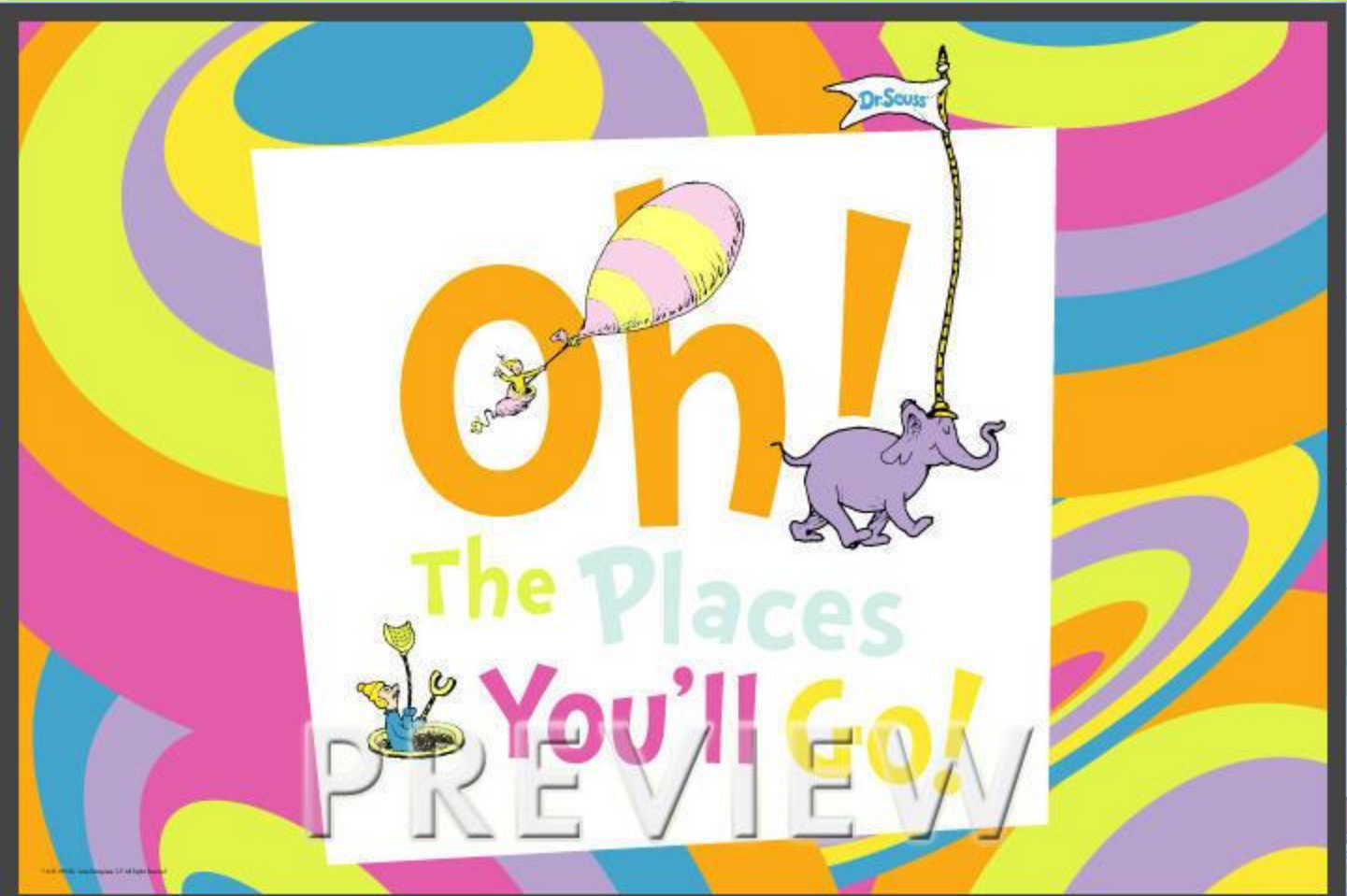


# Empty Nest Is Only a Place

- If you find that you can't "shake the blues" then see a therapist.
- Give yourself a break.
- Allow yourself to feel sad, happy, optimistic, and scared.
- Remember you are not alone!
- "Once a Parent, Always a Parent"

# Empty Nest

- Anticipate that you may not hear about all of the little good things.
- You will probably hear all about the “bad” things – some students only call home when it is bad.
- If they call with bad news ask “what good things have happened to you today?”
- Allow the student to problem solve; try not to always solve it for them.



Dr. Seuss

Oh!

The Places

You'll Go!

PREVIEW

Oh! The Places You'll Go! - 20x30

CLOSE X