Now that they are gone... what next?

**Empty Nest Syndrome**: a general feeling of loneliness that parents or guardians may feel when one or more of their children leave home...

How to beat Empty Nest Syndrome

1. Become involved. Take up a new hobby, sport or volunteer effort to regain your sense of purpose and fill those lonely hours.
2. Find something to look forward to. Whether it’s visiting your children or taking a vacation - by yourself, with your spouse or with friends - it will keep your mind on something positive.
3. Find a way to communicate regularly with the kids by phone, e-mail or letters. Keep in mind that this is an invigorating time in your relationship with your child - a chance to go from being a teenager’s parent to a young adult’s vital, trusted friend.

As much as you love your child, it is now time to concentrate on YOU!

Also, learn to appreciate your child's growth. Your child is grown, and is now attending college; this is a monumental time! College is not taking your child from you; it is presenting them with the opportunity to become who they are meant to be.