



Total Wellness[®] BECOMING A TOTAL PERSON[®]

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August 2012

Cutting Costs for Back-to-School

The nation's economy will have an impact on back-to-school spending this year. In fact, according to the National Retail Federation, four out of five Americans have made some changes to back-to-school spending plans.

Here are some helpful tips from the Parent Teacher Association (PTA) on how to cut costs for back-to-school supplies:

- ◆ Set a budget and stick to it. Resist the urge to buy impulse items.
- ◆ Ask if any of your friends or family members has an item you need and would be willing to swap you for something they need. These swaps can be for clothes or supplies.
- ◆ If one of your friends or family members has a membership at a discount club, consider all going in on bulk supplies and splitting them up.
- ◆ Reuse last year's backpack if it's still in good condition.
- ◆ Take advantage of good sales throughout the year on common items such as pens, paper, and folders.
- ◆ Visit consignment shops and yard sales to find bargains. You can often find items in good condition at low prices.

Ring in the New School Year

As the school bells begin to ring this year, the big question for parents is: Are you ready? Have you done your homework to ensure your children's health, safety, and success? Parents have a huge responsibility in their children's education. From packing healthy lunches to getting them their immunizations to making sure they get plenty of sleep each night, parents have a tough assignment.

To assist you in making the grade during the transition back to school, here are some helpful tips:

- ▲ Be enthusiastic about school starting. Attitude goes a long way. If you radiate confidence and excitement, others will feel it.
- ▲ Have your children's vision screened. It's important for children to have a yearly vision screening because young children don't know that they can't see. If a child wears glasses, be sure the prescription is current.
- ▲ Get your children's hearing tested. If a child is listening to the television or music at a very loud volume, or tends to favor one ear over the other when listening to people speak, it may be a sign of hearing loss. Have it checked.
- ▲ Make sure the school has up-to-date emergency phone numbers on file. The school administrators should always know how to reach you if there's an emergency situation.



- ▲ Update immunizations. Check with your children's doctor to see if any of their immunizations need to be updated.
- ▲ Inform the school. If a child receives medication on a regular basis for diabetes, asthma, or another chronic problem, make sure school nurses and teachers are aware of your child's needs – especially if they need to administer medicine to your child.
- ▲ Pay attention to the signs. If you suspect that your child may have a learning disability, speak to the teacher or counselor in your child's school so testing can be arranged.
- ▲ Be mindful of anxiety. Some jitters are expected at first, but if anxiety persists for more than a few weeks, find out what's bothering your child. Consider seeking help from the counselor at the school.

Focus Time on Your Family

With today's busy lifestyles, it's important for families to schedule quality time with one another, even if it's only an hour each day. Quality time is time spent doing an activity that is meaningful for the whole family. It's a time when family members really get to know one another and share their thoughts and feelings. **Here are some ways to focus more time on your family:**

- Talk with one another about the day's events and truly listen to one another.
- Build each other's self-esteem. Offer words of encouragement, support, and love to one another every day.
- Exercise together. Go for a family walk after dinner, ride bicycles on Saturday mornings, or go swimming at the local Y one night a week.
- Schedule a family game night. Take turns letting family members choose the game to be played.

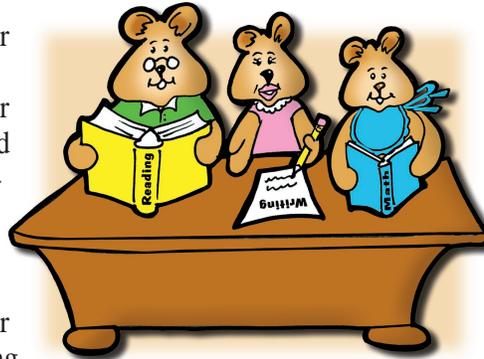


Enjoy the Sunlight as a Family

According to the YMCA of the USA, enjoying the sunlight is a fun, healthy way to spend some family time. Spend a minute outside in the morning or evening light looking at the sky or having a picnic together. The key is to get the whole family outside and enjoy the time as a family.

Encourage Learning in the Home for All Ages

- ▲ Talk, sing, and read with your children as often as possible.
- ▲ Limit the amount of time your family watches TV. Instead, read together or play games that promote learning.
- ▲ Project a positive attitude toward school and learning by doing educational activities in their presence. Let them see you reading. Have reading materials readily available in the house.
- ▲ Encourage your children to participate in school activities. Support them in their educational endeavors.
- ▲ Establish and enforce a regular bedtime routine. About 30 minutes before bedtime, have your children choose a calm activity to help them "wind down." During this



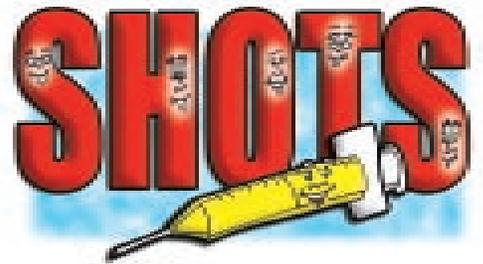
time, have them avoid television, exercise, computers, and telephones.

- ▲ Ensure that your children do their homework. Ask your child to explain what he or she is learning. Set up a quiet place in your home for your children to study, and set aside time each evening for homework.
- ▲ Make sure your children eat three healthy balanced meals a day. Include fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- ▲ Communicate your expectations. Let children – elementary up to college aged children – know you expect them to do the work. Let them know they can do it if they try and use good study skills.

Making Shots a More Positive Experience

Shot time can make even the biggest boy or girl want to burst into tears. **To make your kids' next shot experience a more positive one:**

- Schedule the appointment for the right time. Choose a time of day when kids won't be tired or hungry.
- Stay with your kids the entire time. Experience shows that children cope with pain better when a parent is in the room with them.
- Reflect a calm, confident attitude. When kids sense that their parents are nervous, they tend to take on the same feelings.
- Encourage them to relax their muscles before the shot is administered. Tensing muscles will result in more pain afterwards.
- Distract them. When the time comes for the shot to be given, show them their favorite toy or tell them a story. Hold their hand or rub their head soothingly.
- Keep them moving. After the shot, tell kids to move the affected limb as they would normally to speed vaccine absorption.



Is Your Sight Altered by Cataracts?

Cataracts are very common in older people. In fact, by age 80, more than half of all Americans either have a cataract or have had cataract surgery. Most cataracts are related to aging.

According to the National Eye Institute, a cataract is a clouding of the lens in the eye that affects vision. A cataract can occur in either or both eyes. A cataract can't spread from one eye to the other.

Researchers suspect that there are several causes of cataract, such as smoking and diabetes. Or, it may be that the protein in the lens just changes from the wear and tear it takes over the years.

CATARACTS

The risk of cataract increases as you get older. **Other risk factors for cataract include:** • certain diseases such as diabetes • personal behavior such as smoking and alcohol use • the environment such as prolonged exposure to sunlight.

The most common symptoms of a cataract are: • cloudy or blurry vision • colors seem faded • glare • Poor night vision • double vision or multiple images in one eye • frequent prescription changes in your eyeglasses or contact lenses. If you have any of these symptoms, check with your eye care professional.

The symptoms of early cataract may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses, or magnifying lenses. If these measures do not help, surgery is the only effective treatment. Surgery involves removing the cloudy lens and replacing it with an artificial lens.

How to Avoid Overheating

Being outside in the summer heat can be fun for a little while but it can quickly turn hazardous to your health. **If you have these symptoms, you should get out of the heat and cool down immediately:** • Heavy sweating • Fatigue • Headache • Pale, clammy skin • Thirst • Rapid heartbeat • Dizziness, fainting • Nausea, vomiting • Muscle cramps • Mild temperature elevations. **To avoid overheating:**

- Stay in a cool or air-conditioned place when possible on hot days.
- Drink more fluids than usual. Dehydration can stress the heart and reduce the kidneys' ability to maintain the correct balance of electrolytes such as potassium, sodium, phosphorous, and chloride, which are essential for the normal function of every cell in the body.
- Check on those vulnerable to heat exhaustion, like the elderly.
- Avoid alcohol, caffeine, and sugar, which can cause dehydration. Drink



water or sports drinks sweetened with natural juices.

- Exercise or work outdoors during cooler times of day.
- Take cool baths or showers after you've been outside in the heat.
- Wear loose, lightweight clothing.

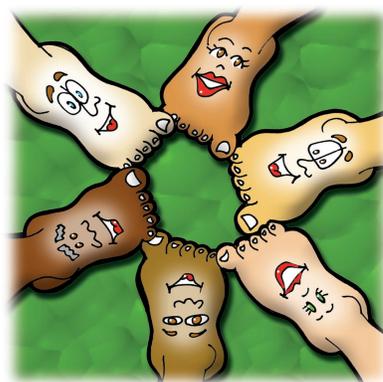
If you become overheated: Seek rest in a cool place (a shady spot or an air-conditioned room) and drink cool fluids. Water is usually enough to reverse dehydration, or you can drink a sports drink that contains electrolytes. You can also cool down by spraying yourself with water and fanning.

Foot Pain: Ease Your Sole

Foot pain can be caused by a number of conditions, including:

- *Bunions* – a protrusion at the base of the big toe, which can become inflamed. Bunions often develop over time from wearing narrow-toed shoes.
- *Hammer toes* – toes that curl downward into a claw-like position.
- *Calluses and corns* – thickened skin from friction or pressure. Calluses are on the balls of the feet or heels. Corns appear on your toes.
- *Plantar warts* – from pressure on the soles of your feet.
- *Fallen arches* – also called flat feet.

To help ease foot pain, try these tips



from MedLine Plus:

- Apply ice to reduce pain and swelling. Do this just after an activity that aggravates your pain.
- Elevate your painful foot as much as possible.
- Reduce activity until the problem improves.
- Wear foot pads in areas of friction

or pressure. This will prevent rubbing and irritation. • Take over-the-counter pain medicine, like ibuprofen or acetaminophen. Try this for two to three weeks (unless you have a history of an ulcer, liver disease, or other condition that doesn't allow you to take one of these drugs).

For more information, visit MedLine Plus at <http://www.nlm.nih.gov/medlineplus/ency/article/003183.htm>.

Exercise the Power of Choice

By Paul J. Meyer



What you choose to say and do will change your life. What is more, it will become your life, affecting you and everyone around you. That is because you possess one of the most powerful forces in the world – the power of choice.

Making choices will bring consequences – whether good or bad. This may seem a little obvious, but why do people fail to grasp this reality? Winning an academic scholarship, hitting a sales goal, and making a wise investment might be called “rewards,” “profits,” or even “luck,” but in reality, they are simply the consequences for making the right choices at the right time in your life.

This principle is often called “sowing and reaping.” Whatever it is you plant, whether it is physical, spiritual, mental, financial, relational, or emotional, it will grow and someday come back to you in a multiplied condition. It can be incredibly good or terribly bad – depending on the seed.

You never know how large the impact may be from a seemingly minor choice. I found this to be the case several years ago on a family vacation when the cruise ship we were on stopped briefly on the Cayman Islands. I asked the captain, “Do you know of any place prettier than this?” He said it was the prettiest of the eight stops the ship would make, so I replied, “OK, we’ll get off here.”

Little did we know that the Caymans would become the home office to several of our overseas businesses and prove to be one of the best choices we ever made, not to mention the location for many meaningful relationships, unforgettable times as a family, and great business deals. One choice, with many, many positive consequences as a result.

I encourage you to exercise your freedom of choice. If you hesitate, others will choose for you and tell you what to do, directing you toward their goals, not yours. Use your freedom of choice to design a stronger, more positive self-image for yourself. If you are fearful, choose courage. If you are timid, choose to love people. If you frequently procrastinate, choose to take action now. If you have always waited for others to lead, choose to act on your own initiative now.

Saying “yes” to one thing means saying “no” to another. *How wisely you use the power of choice is up to you!*

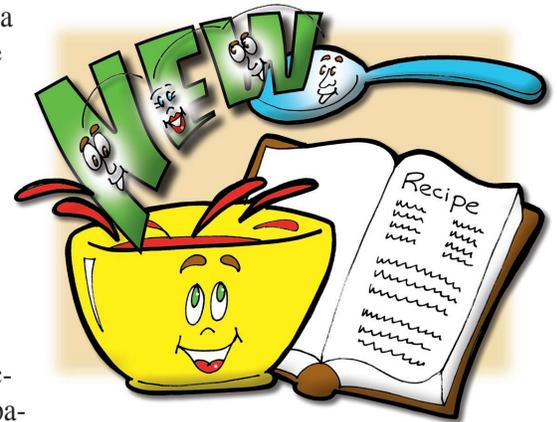
Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. For more information, visit his website at www.pauljmeyer.com.

Try Something New...

Are you in a rut? Do you find yourself doing the same old things in the same old way? My former pastor, Roger McDonald, used to talk about the “everydayness of every day.” What a perfect description of a life of sameness.

Have a great day today by trying something different. There is some truth to the old maxim which says, “Variety is the spice of life.” If your life is a little bland these days, try something new. Drive to work a dif-

ferent way. Try a new flavor of ice cream. Go shopping, and try on some styles that you normally don’t wear. Explore a part of your city that is unfamiliar to you. Read a section of the newspaper



per that you usually skip. Watch something different on television. Learn to dance. Sit with someone new at lunch. Take a trip. Buy a newspaper from a different city. Park your car on the opposite side of your office building, and go in a different door. Try a new recipe. Take singing lessons. Play a different golf course. Go to a different grocery store. Try a new restaurant. Invite some new friends to your home. Rearrange your furniture. Read some magazines you don’t usually read. Listen to a different radio station. Talk to strangers. Take a continuing education class. Learn a foreign language.

The world offers you so many different options, so try something new today.

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life and Make Life Count! – 50 Ways to Great Days. For more information, visit www.JulieAlexander.com.



InSync® Moment – Keeping Up

Think about something that’s not quite working out. Have you done your part? Sometimes things don’t happen when we’d like. Keeping up is doing your part, trusting that the universe will do its part, and patiently awaiting the outcome. So, don’t give up. Keep up!



© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at 1-877-InSync® (1-877-467-9627) or at spilgrim@transbay.net.



Get Fit this Fall

There's no better time to get fit than now. As the summer begins to come to a close, make the commitment to a new exercise program and stick with it. **Here are several fitness tips to remember:**

- Get fit outdoors. Hiking, mountain biking, walking, and roller blading are great picks for fall, according to Kelli Calabrese, MS, exercise physiologist, fitness consultant, and author of *Feminine, Firm & Fit*. Check out some of the parks in your area, or get out on the beach. Throw the frisbee around or do some squats and lunges in the sand. Try an outdoor boot camp class for something different.
- Pick things you can do as a family, like rock climbing, canoeing, or bowling. Check out the fitness courses at local parks. Try playing football, basketball, ice-skating, or taking a long walk with the dog instead of sitting around the television with movies and video games. Join a softball league or soccer team. Take up yoga, tennis, or salsa dancing.

Play It Safe with Football

- ❖ Wear the proper safety equipment: • helmet with a face mask • protective pads for thighs and hips • shoulder pads • padded shirt • cleats • gloves • mouth guard • leg and ankle braces • other equipment as suggested by the coach.
- ❖ Always warm up before practice or a game. Running, stretching, and performing drills for about 15 to 30 minutes works well.
- ❖ Learn how to play the game and about ways to be safe while playing.
- ❖ Get a health physical before playing to make sure you're healthy to play.
- ❖ Drink plenty of water to stay hydrated during practice and games.
- ❖ If you're injured, avoid playing through the injury. Seek treatment for your injury.



Getting Back Into Shape

In response to a daily fitness newsletter that I post on my website, I received an E-mail response from a man who said he was suffering severely from dozens of symptoms and maladies that are the direct result of being overweight and out of shape. He was afraid to start exercising and asked for my recommendation.

I answered with the recommendation I heard from Noel Johnson, who became one of my closest friends in 1979 and lived to be 95. At age 70, he was in such bad shape that his doctor told him he had just six months to live. He was overweight and suffered from arthritis, bursitis, high blood pressure, an enlarged prostate, hemorrhoids, and a host of other aches and pains. He was taking so many medications he didn't even know what they were all for.

Johnson said, "I lived with the feelings of slow death every day, and I had to do something to change the direction I was heading." He took it upon himself to totally rebuild his failing health and to become a thriving athlete, or to die trying. He stated, "Of course, I was in such bad shape that I had to modify all of my exercises to match my present conditions. But day after day, week after week, I kept at it, and within two years I was back in world-class condition."

When I met him in 1979, Noel Johnson won the gold medals in the Senior Olympics' mile, 10,000-meter run, and marathon. In addition, he also took home the gold medal for boxing by decking a 40-year-old. From there, Noel became an apostle of natural strength and fitness, and in the process he became an inspiration to thousands of people.

Johnson said, "My advice is to listen to your body – start exercising and modify, modify, modify to match your current level of conditioning. I was a lot younger at 90 than I was 30 years ago. If you're as unfit as I was, just start slowly and keep it up every day."

There is no time like the present to get back in shape. Start where you are and just do it.



John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of *Pushing Yourself to Power*, *The Miracle Seven*, *Isometric Power Revolution*, and the upcoming release of *Ultimate Push-ups*. He created the *Transformetrics Training System* that maximizes strength, fitness, and wellness. For more information, visit www.transformetrics.com or call 1-866-724-8200.

Keep It Clean to Stay Well

It's important to keep your hands clean to help prevent infection. The easiest way to prevent the spread of infections is to wash your hands. Important times to clean your hands are:

- After using the bathroom
- Before preparing or eating food
- After changing a diaper
- After blowing your nose, sneezing, or coughing
- After caring for a sick person
- After touching an animal.



Here are other ways to keep infections away:

- Keep hot foods hot and cold foods cold until eaten or cooked.
- Wash counters, cutting boards, and utensils frequently with soap and hot water, especially after preparing poultry.
- Wash fresh fruits and vegetables before eating.
- Cook ground beef until you can no longer see any pink.
- Use antibiotics exactly as prescribed.
- After any animal bite, clean the skin with soap and water, and seek medical care.
- When sick, give yourself time to heal and recover.

Stay Safe on the Job

According to the Occupational Safety and Health Administration (OSHA), thousands of people are blinded each year from work-related eye injuries that could have been prevented with the proper selection and use of eye and face protection.



Most accidents occur because of:

- Flying or falling objects or sparks striking the eye.
- Contact with chemicals
- Objects

swinging from a fixed or attached position, like tree limbs, ropes, chains, or tools which were pulled into the eye while the worker was using them.

Some safety tips to remember are:

- Always wear effective eye protection.
- Learn how to perform your job properly and safely.
- Always follow all safety rules for your position.
- Maintain all equipment and safety protection. Replace any broken or damaged equipment.

Source: Occupational Safety and Health Administration, www.osha.gov

Vacation Deprivation?

How to Prevent Job Burnout This Summer

Don't have the time or money for a getaway this year? No problem. With just a few tweaks to your routine, you can keep your energy up from day to day.

1. **Energize your environment.** Workers are more productive and perform better when surrounded by color. Create a work space that is both invigorating and soothing by adding touches of deeply saturated color in the form of artwork, tapestries, chair cushions, and plants.
2. **Become more energy efficient.** You can't add more hours to the day, but you can get more out of the hours you have – if your energy is high. And energy comes from one place: good health. So sleep well, eat well, and exercise daily.
3. **Make friends.** Having friends at work can actually improve your job performance and help you blow off steam. Plus, surveys suggest that work buddies add accountability. People who have them tend to miss less work.
4. **Take a winning approach.** Feeling powerless and ineffective is a recipe for job dissatisfaction. To get more autonomy and more power, frame your ideas and actions in a way that makes it clear you have the best interests of your boss and your business in mind.
5. **File written complaints.** Keep a list of your aggravations, and review them periodically to help sort out minor annoyances from larger, more serious issues that need to be addressed.
6. **Take charge of your day.** Know what needs to be done, and when. And stick with the plan. For balance, take breaks, go for walks, and clear your head at regular intervals. It's time well spent that will help you stay relaxed and focused.
7. **Know when to ask for help.** Yes, it's nice to be able to take sole credit and have the personal sense of accomplishment that comes with it. But not at the risk of job burnout. Remember, asking for help is a sign of a smart worker.

Nothing can really compete with the mind and body benefits of a true vacation. But if you can't get away this year, enjoying your job can help you feel a bit more like a kid on summer break.

Find more ways to keep calm at RealAge.com. <http://www.realage.com/StayingYoung/YOUToolsTipsTOC.aspx>

By Michael F. Roizen, M.D., author of RealAge: Are You as Young as You Can Be? and The RealAge Diet: Make Yourself Young with What You Eat. Roizen, an internist and anesthesiologist, has been listed for the last 13 years in The Best Doctors in America, published by Woodward/White. For more information on RealAge, visit www.RealAge.com.

RealAge®

Jamaican Sauce

- 1 tsp. olive oil
- 2 cloves garlic, minced
- 1 Tbsp. minced shallots
- 1 tsp. creole seasoning
- 2 cups beef stock (fat-free/low salt)
- 1/4 diced fresh pineapple (about 1/2 cup)
- 2 Tbsp. Jamaican rum (optional)
- 1/2 tsp. five spice powder
- 1 Tbsp. honey
- 2 Tbsp. golden raisins
- 1 Tbsp. Pickapeppa sauce (or hot pepper sauce)
- 1 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, thyme)

Spray a nonstick skillet with cooking spray. Add olive oil and heat. Sprinkle garlic and shallots with seasoning and quickly saute 1 to 2 minutes. Add stock and allow to reduce while adding remaining ingredients. Add extra stock as needed.

Makes 2 cups, 1/4 cup per serving.

Eat More Fish!

All fish contain healthy oils that lower total cholesterol while increasing your level of the good HDL cholesterol. Those highest in disease-preventing oils, Omega-3's, are cold-water fish and hard shellfish, such as salmon, albacore tuna, swordfish, sardines, and mackerel. These fish oils have also been shown to reduce the tendency of the blood to clot and to decrease triglycerides.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, *The Energy Edge*, gives power points to have energy for life!



Catching a Tasty Dinner

Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of – or who have – cardiovascular disease. In fact, the American Heart Association recommends eating fish at least two times a week.

Fish is a good source of protein and doesn't have the high saturated fat that fatty meat products do. Fatty fish like mackerel, lake trout, herring, sardines, albacore tuna, and salmon are high in two kinds of omega-3 fatty acids, *eicosapentaen-oic acid* (EPA) and *docosahexaenoic acid* (DHA). These omega-3 fatty acids can help lower your blood pressure, lower your heart rate, and improve other cardiovascular risk factors.

Adding more fish and seafood to your diet is easy. Easy ways to include more fish are incorporating tuna sandwiches for lunch and sardines for snacks. **Here are some other tips:**

- ▲ Use fresh fish steaks to form patties to grill or broil. Canned tuna or salmon can also be used for burgers or fish "loaf."
- ▲ Check your supermarket for a wide variety of marinades and spice mixtures to use with fish. And don't forget that old classic, lemon juice, garlic, and herbs.
- ▲ Have a couple of cans of tuna on hand for quick lunch or supper ideas. A tuna salad sandwich or a tuna and noodle casserole can be ready in no time. (Go easy on the mayonnaise though.)
- ▲ Consider a "seafood snack" of tuna or sardines on crackers between meals.
- ▲ Introduce fish and seafood to your children when they're young, so they get into the habit of eating it.
- ▲ Choose broiled, grilled, or baked fish more often than fried, which is higher in total fat.

Fishing can be great fun, and for some, cooking up the catch of the day is the best part.



JAMAICAN GROUPEUR

- 1/2 cup white wine
- Worcestershire sauce
- 4 grouper fillets (5 oz. each)
- 1 tsp. olive oil
- 1 tsp. creole seasoning
- 2 cups Jamaican Sauce (see recipe)
- 1/2 cup chicken stock (fat-free/low salt), if needed
- 1 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, thyme)



Makes 4 serving

Marinate grouper in Worcestershire sauce.

Spray a nonstick skillet with cooking spray. Add olive oil and heat. Sprinkle grouper with seasoning and lightly sear on both sides. Add Jamaican Sauce to skillet and allow grouper to finish cooking while sauce is reducing. Add chicken stock, if necessary, to keep grouper from burning. Serve grouper with pan sauces.

Each serving contains: 199 calories, 30 g. protein, 3 g. fat, 53 mg. cholesterol, 11 g. carbohydrates, 598 mg. sodium. Calories from fat: 14 percent

From Pamela Smith's *Eat Well, Live Well*. Visit www.pamsmith.com for more information.

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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wellness

Take the Edge Off of Chronic Pain

Doctors at the Mayo Clinic say that when you're in pain, exercise is probably the last thing on your mind. But it could be more important than you think. Regular exercise is a versatile weapon in the fight against chronic pain. It may seem difficult to start, but your body will thank you in the long run. **What exercise can do:**

- ◆ Increase endorphins, which are the body's natural pain relievers.
- ◆ Build strength, which takes the load off bones and cartilage.
- ◆ Increase flexibility when you exercise. That means joints are able to move through their full range of motion and are less likely to ache or be painful.
- ◆ Increase your energy level and gives you the strength to cope with life and with pain.
- ◆ Help you maintain a healthy weight and contributes to better sleep.
- ◆ Enhance your mood and give a sense of well-being.
- ◆ Protect your heart.

When They Fly the Nest...

Whether your child is going off to college, getting married, or just moving out on his or her own, it involves changing your home life. For some parents, when their children spread their wings and fly away from the nest, it's a very difficult time. It can result in a condition called Empty Nest Syndrome (ENS).

ENS is the term used to refer to feelings of sadness and identity loss that occur when grown children leave the house. Mothers, or any parent who devotes most of their life and their focus on raising children, are extremely vulnerable to the feelings associated with ENS. Some of the feelings and emotions associated with ENS include:

- sadness
- loneliness
- emptiness
- uselessness or no longer having a purpose in life
- guilt.

To help you cope with ENS, consider these tips:

- Develop an identity outside of raising your children before they leave home. Parents, especially mothers,

should identify individual interests that don't involve the family and make time for those activities while they raise their children.

- If you're married, focus on nurturing your relationship, apart from your children. Set up a weekly date night. Talk about things together that don't have to do with the kids, jobs, or finances.
- Anticipate the feelings you'll feel when your children leave home. Accept that it's okay to feel relieved that you finally have time and privacy. It's also okay to be sad your child is gone, but happy for their future.



- Plug yourself in. If you're feeling useless, volunteer. If you're bored, take up a hobby. If you're lonely, join a club or group.
- If you start to feel like the void is widening, or that you're not getting past your feelings, seek some professional help. Talk to a therapist, or at least to your religious leader or spouse to get some help.