



SELF CARE FOR EMPTY NESTERS

This is your time! Let's discover
what's next for you and how to
make this new chapter in life
amazing!

By Laurie Jonas
livingmarvelously.com

WELCOME

Take a moment to breathe it in!

Congratulations on raising children who are now able to be independent citizens who can make their mark on this world.

Now let's focus on you! When is the last time you did that? Do you even know what you want?

An empty nest is when you suddenly realize your children have grown up and no longer inhabit your home, and your home is now very quiet.

Empty nest syndrome is when the parents are left at home wondering what to do with themselves now. There are no more concerts, practices, clubs, and games to keep track of and no more rides in the car. The laundry can be completed in a couple of hours, the house stays pretty clean, and we need to re-learn how to cook for two. The only person to talk to now is your spouse, and we have to listen to each other.

You seem to have time to get things done now. But first, you need to remember what it is you like to do and how to make yourself a priority again!

CHAPTERS

01

IDEAS ON WHAT YOU CAN DO NOW

02

SELF CARE AREAS TO PRIORITIZE

03

LETTING GO OF EXPECTATIONS OF
OTHERS

04

HOW TO LOVE YOURSELF

05

JOURNAL PROMPTS

CHAPTER I

HOW CAN I FILL MY TIME?

This feeling of having more time might not last for long, but the key with filling your time is to be picky and careful about what you are saying yes to. Don't let others fill your time for you. Take some time to really decide what you want to make a priority. Is it yourself, your spouse, friends, hobbies, parents, learning, or something else?

Put some love and attention on yourself. Make healthy meals, get enough sleep, move your body, keep your mind active, everything you used to preach to your children.

Rediscover why you are with your partner. What did you have in common that brought you together in the first place?

Re-acquaint yourself with old friends.

Find new or discover your old hobbies.

Go back to work or put more time into the career you have.

Spend time with your parents.

Go back to school or further your education.

Adopt a pet!

CHAPTER 2

SELF CARE AREAS TO PRIORITIZE

Self care is any activity that you deliberately do to take care of your health. Self care is a priority, not a luxury, as it sometimes is thought of. Not just self care that can feel like a luxury, such as bubble baths, manicures, or other spa-type activities. I do believe those are important too. But, I believe there are 8 areas of self care that all need to be tended to. Each one plays a part in managing your marvelous life.

The areas are physical, emotional, spiritual, intellectual, social, sensory, work and finances.

When you love yourself and take care of yourself, you are more apt to be able to handle all areas of your life when challenges arise, like finding yourself in midlife and not being sure how to proceed. You can deal with it when you are overwhelmed, tired, or defeated.

Once one area of your life falls into alignment, the others start to self-organize too.

Physical

Your physical body needs to run efficiently. When you are ill, all of your attention is focused on getting better. Keep your body healthy so that you can live your beautiful life.

- Wake up earlier to fit in your self care in the morning.
- Take nature walks or runs. Move your body.
- Rest
- Stretch your muscles
- Limit Alcohol
- Make your bed and start your day on a positive note
- Drink water
- Prepare a healthy meal
- Re-arrange a room
- Go outside and play like a child

Emotional

Be aware of what your emotions are telling you. There are no good or bad emotions, they are simply helpful in discovering what you like and don't like about your life.

- Let yourself feel your emotions
- Journal every morning to assess where your head is at.
- Watch your negative self talk
- Set boundaries so that you cannot be taken advantage of or be underappreciated.
- End toxic relationships in person and on social media
- Turn off social media for a day
- Watch something funny and laugh
- Get help from a life coach or therapist if you are struggling with negative emotions.

Spiritual

Develop your connection with your higher spirit. This doesn't have to be religious.

- Visualize a happy day
- Meditate
- Pray
- Show and express gratitude
- Listen to your intuition when you are in the shower. Write it down when you get out!
- Discover some of your limiting beliefs
- Attend regular faith services

Sensory

Use all of your senses to experience all the world has to offer.

- Listen to music in the morning to set the tone for your day.
- Smell essential oils
- Wear comfy clothes
- Wrap up in a warm blanket
- Feel the warmth of the sun.
- Take a hot bath
- Get some fresh air and walk barefoot on the grass
- Pamper yourself with a manicure, pedicure, or massage.
- Attend a local music performance.
- Go to the beach and listen to the waves, feel the sand and taste the salt of the ocean.

Finances

Be comfortable with your finances. This can be the most stressful part of your life and impact your overall well being.

- Save enough money to support you in emergencies.
- Make a budget with your current income.
- Create a plan to pay off debts.
- Invest in your wellness.
- Carry extra change to handout as needed.
- Get involved with a charity you feel strongly about.
- Be aware of any money beliefs you are holding on to that may not be true.
- Know that there is enough money for everyone. Not everyone needs the same amount. Don't limit your abundance.

Intellectual

Keep your mental capabilities strong. Be responsible for your own personal development.

- Crossword Puzzles
- Read all kinds of genres.
- Clarify your goals in life. Know what your dreams are.
- Learn a new language.
- Learn to sew and become self sufficient.
- Be creative!
- Listen to an inspirational podcast or read an inspirational blog.
- Write a poem

Social

We are social beings and need contact to survive. Nurture your friendships and take care of your family.

- Forgive someone
- Reconnect with an old friend.
- Join a class to meet new people.
- Go to lunch with friends.
- Make small talk with strangers.
- Call your mom, dad, or grandparents just to say hi.
- Write a letter to a distant relative.
- Use your contacts to ask for help with what you are struggling with.

Work

Make sure you are treating yourself well with your career. Your business doesn't run without you!

- Time management includes taking breaks, delegating, staying organized, and stopping to spend time with family.
- Know your worth.
- Set boundaries for interruptions and distractions.
- Clarify your goals. Know what you are striving for.
- Get out if it is not making you happy.
- Pick the most important thing to do each day and do it first!
- Ask for help if you need it.
- Don't be so hard on yourself, watch your negative self talk in this area too.

Notice where you are lacking in any of these areas of self care and try to improve it. You can't always be completely balanced but paying attention to your marvelous life and doing self care is a start.

CHAPTER 3

LETTING GO OF EXPECTATIONS OF OTHERS

Since your children were born, you have been responsible for them. They needed you to do the things to keep them alive. As they got older, there were more expectations put on you. You were the cook, housekeeper, chauffeur, project manager, keeper of the calendar, laundress, interior designer, budget keeper, volunteer, etc. And, you may have loved every minute of it.

But now, those expectations have changed. You get to focus on your dreams and do the things that make you happy.

You no longer have to live up to the expectation of other people.

Things like:

- Dressing or looking a certain way to fit in
- Not being your true self for fear of being called an outcast by other parents
- Putting your life on hold to help someone else
- Changing your work schedule to fit your children's schedules
- Giving in to pressure to be the perfect parent or have model children
- Not pursuing your dreams because you didn't have time for you

It's time to discover what you want to do!

See, the thing is, your life is important, and you are your own unique blessing to this world. No one knows what you need or who you are better than you.

- You have to take control of your life.
- Even though living up to other people's expectations might seem like a nice thing to do, it is actually selfish.
- The world needs your talents, ideas, and passions. Don't let someone else's expectations influence your choices. Live your life for yourself.
- Make sure you know who you are and what you want.
- Be clear on what your goals and dreams are.
- Know your priorities.
- Make sure your beliefs match your goals.
- If you keep putting your health on the back burner, you will soon have no one to impress or please.
- Stop being a people pleaser.
- Speak your mind and make sure everyone else knows what you want too.

Before you listen to what others expect of you, ask yourself these questions.

1. Does this match with my values?
2. Will this help me reach my goals or make my dreams come true?
3. Does this match with my beliefs?
4. Is this what I really want?

"When you take ownership of your life, other people feel empowered to follow suit."

Gustavo Razzetti

CHAPTER 4

HOW TO LOVE YOURSELF

Everything you do either creates stress or balance in your body. By taking the time to do a little self care, you can stay healthy, active, full of energy, and in a state of wellness. When you are balanced, you create health and can more easily be helpful to others.

Doing self care and loving yourself is how you can do your part to create a loving world.

"To love yourself means to accept yourself as you are and to come to terms with those aspects of yourself that you cannot change. It means to have self-respect, a positive self-image, and unconditional self-acceptance." Essential Life Skills

We live in a world that idolizes people who seem to have it all. Good body, great looks, lots of money, and a successful career. Most advertising is geared toward buying things that make us look younger, richer, or better looking. It makes it very hard to be happy with where you are at now!

But I encourage you to take a look and use the following tips to learn to love yourself first. Not after everyone else is taken care of. Remember, now that you are an empty nester, you deserve it!!

Accept when you make a mistake

Watch your negativity and the way you talk to yourself. Every mistake is a learning opportunity, and if you love yourself, you will move on and try again. Forgive yourself when you do something wrong and apologize to yourself.

Accept your beauty

Learn how to look in the mirror and see yourself as beautiful. You have a unique beauty that no one else has. Don't wish you looked like someone else. Tell yourself all of the beautiful things you see. Color in your eyes, a beauty mark on your temple, muscles in your arms, beautiful skin, gorgeous smile, skinny ankles, glowing hair, etc., etc.

Put your health first

Do what you know you need to do to be healthy. Eat less, move more, get enough sleep, and use your mind.

Know that your goals and dreams are important

Think big and write down lofty goals. The sky is the limit. Break them down into smaller pieces and feel good about every accomplishment along the way. The goals and dreams you have are just what the world needs. Don't back down. Don't give up. Love yourself enough to keep going.

Find your inner peace

When things get hard, and you start to question your worth or doubt yourself, find your inner peace. Meditate, breathe, walk in nature, or do whatever feels good to bring your mind back to love.

Let yourself have feelings

Let yourself feel. Don't judge the feelings; just let them play out. Don't beat yourself up for feeling bad, sad, angry, or mad. Just acknowledge the feelings and move on. Do not project them on others.

Invest in yourself

Value yourself and keep yourself maintained. Invest in courses to keep your mind active, join a gym, eat good food, hire services to make you feel beautiful. Make yourself a priority!

CHAPTER 5

JOURNAL PROMPTS



"A journal is a tool for self-discovery, an aid to concentration, a mirror for the soul, a place to generate and capture ideas, a safety valve for the emotions, a training ground for the writer, and a good friend and confidant."

Ron Klug

Writing is an uncensored outlet for you to write freely. Your thoughts and emotions can help bring more clarity to your life. Take a few moments each day to pay attention to those thoughts and emotions.

It's possible with writing to do too much thinking and not enough doing. Journal prompts aim to open your mind to receive guidance from spirit/source/God/Universe as you write. It opens up new possibilities or uncovers something you have been holding deep inside you. Once you discover new desires or goals, you then need to create a plan. Break them down into bite-sized pieces. With each accomplishment, celebrate and then move on to the next piece.

Journal Prompts

- What did you love to do when you were younger? What are you doing in your happiest moments? Are you able to pick up that activity again?
- Write about the children in your life, whether your own, nieces and nephews, grandchildren, godchildren, friend's children, etc. What do they do that makes you smile? What do they do that you wish you could still do?
- List the best things in your life right now. What have you manifested that brings you lots of joy?
- Write a list of 5 things you love about yourself and why they make you unique.
- Find a quote that motivates you to pursue your desires. Then, write it down and put it somewhere you can find it when needed.
- What would you do if you won 1 million dollars and had to spend it on yourself? How can you take baby steps to achieve that same dream without winning the money?
- With that same 1 million dollars, you have to spend it on others. What would you do? Who do you think needs the most help? How can you help them without winning the money?
- What do you want people to remember most about you when you're gone? I know that is a bit morbid, but is there something you really want to do before you die that you are avoiding?
- What qualities are important to you in relationships? Are you giving those same qualities back?

Journal Prompts

- Who is the first person you want to tell when something bad happens? Then, how can you nurture that relationship?
- Create a bucket list. What do you want to do or experience before you die? What makes you excited to wake up every morning? How can you reschedule some time so you can check off items on your list?
- What roles do you play in your life? Which ones make you happy, and which ones would you like to change? Take a role you want to change and brainstorm how you can redefine it. How can you let go of the expectations of others in those roles?
- Be aware of the negative thoughts that reoccur. Write them down and then think about where they came from. Did something happen, or did someone make you believe it? Does it have to be true anymore? How can you change that thought to something more positive? What possibilities does that open for you?
- Visualize how you want to spend the rest of your life. Who are you with? What are you doing? What do you look like? Where do you live? Is there a way to make these visions a reality?

It's time to step out and be the person you most want to be! To take the time to care for and love yourself and share the unique talents and skills you may have been hiding. This is your time, grab it before it is gone.

Are you finally ready to make yourself a top priority?

You've spent years tending to the needs of others, now's the time for YOU. Today can be that first step toward creating the life you've been dreaming of, a life that means waking up each day with a smile on your face, excited for what's to come.

As a life coach, I will help you map out exactly what this means for you and set you on the path to achieving it.

Book your free connection call today as a bonus gift for working through this eBook!

[CLICK HERE](#)



ABOUT

Laurie was born and raised in Red Wing, Minnesota. She has been married for 33 years to her husband, Dave, and has 3 grown children, one daughter-in-law, and one beautiful grandson.

She is a creative writer on her blog, Living Marvelously, where she shares ways for you to make the most of this beautiful adventure that is life. She wrote the book, *The 5 Ls of Living Marvelously*, and is an Infinite Possibilities Certified Trainer.

Her articles have appeared in a variety of publications, but she prefers to speak with people face-to-face about how you are the creator of your life.

Contact

By email:
lauriejonas@livingmarvelously.com

Website:
livingmarvelously.com