

# THE EMPTY NEST ADJUSTMENT WORKBOOK

A Guided Journey Through Transition



[menopausenetwork.org](http://menopausenetwork.org)

Dear You,

You're standing at the intersection of two powerful life changes: your children growing into their own lives, and your body evolving through perimenopause. It's okay to feel unmoored. It's also okay to feel excited. This workbook is your guide—not to "fix" you, but to help you feel seen, grounded, and empowered

### **How to Use This Workbook**

This is your space to reflect, release, and reimagine.

Here's how to get started:

- Take Your Time – Work through sections when you're ready. No rush.
- Write Honestly – Use prompts as invitations. There are no wrong answers.
- Revisit Often – Return to exercises as your feelings shift.
- Honor Emotions – Allow sadness, joy, or relief to surface without judgment.
- Seek Support – Share with a friend or professional if it feels helpful.
- Use this guide as a gentle companion—a mirror for your strength and growth.

***Let's begin.***

With care and kinship,  
MenopauseNetwork.org

# SECTION 1

## UNDERSTANDING YOUR GRIEF

### **Prompt 1:**

What have you felt since your child(ren) moved out?  
Name at least three emotions.

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### **Prompt 2:**

Write a letter to the version of you who was raising small children.  
What would you tell her now?

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### **DID YOU KNOW?**

Empty Nest Syndrome can lead to real emotional distress—grief, sadness, even loss of identity. These feelings often last up to two years. - Source: Cleveland Clinic

# SECTION 2

## NAMING THE HORMONAL SHIFT

### Checklist

#### Common Perimenopause Symptoms

- Mood swings
- Brain fog
- Hot flashes
- Sleep disruption
- Anxiety or depression
- Weight fluctuations

#### Prompt 3:

Which symptoms have surprised you most?  
How have they affected your daily life?

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### SCIENCE SAYS

Hormonal fluctuations—especially in estrogen—impact brain chemistry, contributing to emotional intensity during this transition. - Source: ACO

# SECTION 3

## REFRAMING IDENTITY

### **Prompt 4:**

Beyond being a parent, what roles or identities have brought you joy in the past?

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### **Prompt 5:**

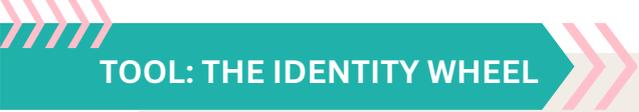
What is one part of yourself you'd like to revisit or reclaim in this new phase?

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### **TOOL: THE IDENTITY WHEEL**

Draw a circle. Divide it into segments (e.g. artist, leader, partner, adventurer, student, advocate). Which areas feel full? Which need nurturing? - Use the next page for this exercise.

# THE IDENTITY WHEEL

# SECTION 4

## EMOTIONAL TOOLS FOR THE TRANSITION

### Daily Ritual Suggestions:

- Morning journaling (10 minutes)
- Afternoon walks (20 minutes)
- Evening gratitude check-in (3 things you appreciated today)

### Prompt 6:

Which ritual feels most doable for you right now? Commit to trying it for one week.

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### TIP:

Rituals help your nervous system feel safe and rooted during emotional shifts.

# SECTION 5

## STRENGTHENING CONNECTION

**Prompt 7:**

What does healthy contact with your grown child(ren) look like to you?

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**Prompt 8:**

Who else in your life offers support or joy right now?  
List at least three people.

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**REMINDER**

You're allowed to need connection.  
Community strengthens resilience.

# SECTION 6

## DESIGNING YOUR REINVENTION

**Prompt 9:**

What have you always wanted to try or learn?

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**Prompt 10:**

What's one small action step you can take this month to move toward that dream?

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**MINI CHALLENGE**

Find a free online course, local class, or meetup that aligns with your curiosity.

# SECTION 7

## RECLAIMING PHYSICAL & MENTAL WELLNESS

### SELF-CARE AUDIT

Rate each area from 1–5 (1 = neglected, 5 = thriving)

SLEEP	NUTRITION	MOVEMENT	MENTAL HEALTH	SOCIAL CONNECTION

#### Prompt 11:

What's one area you'd like to improve? What's a realistic first step?

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#### TIP

Even light daily movement (like walking) significantly improves mood during perimenopause.

# SECTION 8

## CREATING NEW MEANING & RITUAL

**Prompt 12:**

What personal rituals or routines bring you peace or joy?

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**Prompt 13:**

What new tradition would you like to start—just for you?

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### IDEAS



- Sunday solo brunch & journaling
- Monthly solo date night
- Annual reflection letter to self

# REFLECTION & RECOMMITMENT

**Prompt 14:**

What have you learned about yourself through this workbook?

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**Prompt 15:**

How will you honor this next season of your life?

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This is not the end of your story—it's the turning of the page.  
You're allowed to be bold, soft, messy, wise, and brand new—all at once.

# MENOPAUSE NETWORK

Empowering Women Experiencing Menopause Through Change

Join us in our mission.

By following our social media channels and interacting with our website, you help us amplify our message and bring us one step closer to creating a global community where every woman feels understood and supported during menopause.

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