

LifeSolutions Corner – September 2008

“My child recently left for college and I’m having a tough time! Can LifeSolutions help?”

Yes, we can! Having your child begin college can be a stressful experience for parents, especially if your son or daughter hasn’t spent much time away from home before. Attending to your own emotional needs will go a long way toward helping everyone feel comfortable with the challenge that going to college represents.

The transition can be tough...hang in there! *LifeSolutions* is here to assist you. Suggested strategies and tips include:

Manage your anxiety: Anxiety is a normal response, particularly in the beginning. If it continues, seek assistance to figure out what worries you the most and ways to deal with it. Otherwise, your child may wind up carrying it to school.

Practice relaxation techniques: Engage in deep breathing and exercising techniques. Keep a journal about your thoughts and feelings.

Maintain your sense of well-being: This may involve eating and sleeping well, exercising, and setting new and creative goals for yourself. You’ve earned the time to focus on your needs.

Stir up some interest: If your son or daughter has moved away to college, perhaps now is a good time to do some of the things you put off while your child was growing up. Taking on a new project or hobby can be an excellent way to channel your energy and feelings.

Utilize technology: In today’s society, e-mail is a good way to keep up with your ever so busy college kid. Facebook and Myspace are great communication channels. These electronic venues enable constant communication at convenient times for either of you. Don’t fret; there are many tutorials on navigating these Web sites.

Rebuild relationships: Now that your child is gone, the time has come to reconnect and refocus on relationships with your spouse and friends.

To explore other ways you can best manage your situation, give us a call: 1-800-647-3327.

We also invite you to visit us on the web at www.lifesolutionsforyou.com. Send us an e-mail with your questions at ask@lifesolutionsforyou.com. Your question could be answered in a future LifeSolutions Corner!