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Just Moved Out of the Family Home?
5 Ways to Make a Fresh Start

5. Get Real Furniture and Fancy New Linens



Remember all of those compromises you had to make? Which type of couch? Which table? Which sheets? What color? Now you can have whatever you want. Build the home that feels right to you.



4. Join a Team or League. Learn Something New and Meet People Outside of Your Circle.

Get out of your head and out of your home. Try something from your wishlist. Bowling? Woodworking? Knitting circle? Enjoy your new friends!

3. Therapy. No Matter How Strong You Are, You Still Need Help.



Whether you decided to move out or not, this is a stressful time. You're in a new space, possibly a new neighborhood. If you have a child or children and they did not move with you, you might miss seeing them every day. And if your spouse was also a close friend, you may be feeling lonely, like you don't have anyone to talk to. Therapy is the healthiest thing you can do for yourself. "Toughing it out" is old school. Not good old school. More like rotary phones.



2. Change Your Social Media Settings. Like, Right Now.

Facebook, IG, Linked-In, Twitter, and maybe even Twitch. Change your social media settings so that you aren't constantly getting updates about your spouse. You need space, and you won't get it from those notifications.

1. Become the New Social Hub!



You have an opportunity to be the new social hub for you and your friends. Have poker night or karaoke night or even video game marathons. Become a kick-ass host and have some fun. Each time, a different friend brings a buddy, so that you get to make new friends in the comfort of your home. You'll connect with friends and **create positive memories in your new space.**

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