



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Struggling with Empty Nest Syndrome?

10 questions for parents after children leave home

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ The teenage years are not a problem to be managed – they are a transformation to be witnessed. Parents who stay curious, who listen before they advise, never lose their children.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I Struggling with Empty Nest Syndrome?

This is a short assessment to help you understand your current emotional state. Please answer honestly.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

Do you often feel an intense sadness or emptiness since your child has left home?

Have you lost your sense of purpose or identity as a parent?

Are you finding it difficult to establish new daily routines?

Does your relationship with your spouse feel significantly different now?

Do you find yourself calling or texting your child excessively?

Does the house feel unbearably quiet and lonely?

Are you frequently questioning what the future holds for you?

Do you experience grief about your child's childhood being over?

Is it difficult to connect with your child in their new adult role?

Are you finding it challenging to find joy in your new phase of life or freedom?

Score: Count the number of 'Yes' answers to assess your current feelings.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Thriving

You are adapting well to this new phase, finding new joys and purpose.

SCORE: 4-6

Adjusting

You are navigating the changes, but some adjustments are still needed.

SCORE: 7-8

Struggling

You are finding this transition particularly challenging and may need some support.

SCORE: 9-10

Significant Empty Nest Distress

Your feelings indicate significant distress. Seeking support from a mental wellness professional is strongly recommended to navigate this phase.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

It's natural to feel a shift when children leave home. Focus on rediscovering your personal interests and strengthening other relationships.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one new activity you can explore that interests you?

2. How can you and your spouse connect more meaningfully during this time?

3. What aspects of your identity outside of parenting can you nurture?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Moments Journal

A guided journal to cultivate daily mindfulness.

₹199

2

Rediscovering Yourself Workshop

An online workshop to explore new passions.

₹999

3

Couple's Connection Guide

Tips and exercises for strengthening marital bonds.

₹299

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"You are showing up. That is the most important thing any parent or young person can do."

– Dr. Priya Dubey Sharma

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manas365.com

Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224