

A fresh start!

The years have flown by and before you know it your children have grown up and moved away. You find yourself with your spouse feeling empty in the same house that used to once buzz with activities.

Empty nest syndrome, as many call it, is a feeling of grief and loneliness when children grow up and leave the house to pursue higher education, jobs or to start their own families. Many couples feel the need to reconnect during this time and a second honeymoon is a great way to do so. Retreat to paradise, away from the stress of daily life, and rekindle your romance by going on a second honeymoon!

Some may find the concept of second honeymoons silly, especially once your children have grown up, and there are medical bills and retirement plans to focus on. However, after being with each other for such a long time, expectations from the relationship change. Moreover, personal identities change. You are no longer the person you used to be 25 years ago, physically or emotionally. You may have differences that have developed due to a family crisis. There may be unresolved issues that you overlooked because you and your spouse were too busy paying bills for the children's tuition or house loans.

Fast forward the years gone by, you are left with each other and it may seem like you are about to start the relationship again. Second honeymoons offer an escape from the realities of everyday life, and give you an opportunity to learn about each other, understand priorities and simply relax, rejuvenate and rediscover romance.

Perhaps expecting an immediate replay of romance and thrill would not be a great idea. It will be more fruitful to go on a second honeymoon with the hope of relaxing, enjoying the moment and letting the magic happen. You will not



be able to resolve all your marital issues, and you should not expect to do so.

Nayeem Raihan and his wife, Shaila Mazumder, have been married for 28 years, and they have finalised their trip for a second honeymoon after their only son moved out for a job outside Dhaka. They are going to Sri Lanka, where they went on their honeymoon, and after a three-day stay, they will spend a relaxing weekend in the Maldives. They saved up over the years and it is their gift to each other. They reflected that their lives have been centred on their son, and now with the second honeymoon, they hope to spend quality time with each other.

Many warned them that they should not take on the stress and hassle of a trip overseas due to medical reasons,

but with regular health check-ups and a restful itinerary, they are confident that their trip will be a success.

Take extra precaution to ensure that your second honeymoon is not filled with energy draining activities, such as hiking or swimming. If you have health issues, then consult with your doctor when you plan a trip that requires much walking and physical activity. Regardless of the activities, embrace a positive attitude, as travelling may bring hassle, and it is most important to take a break and enjoy the company of each other.

It will be wise to break down travel time in your trip. Try not to pack your trip with too many places to visit. Have a day for sightseeing, another day for lounging by the sea, and then doing light activities, such as fishing or shopping. Destinations such as France, Italy, Cambodia, or Peru are famous for historical endeavours, so if you and your partner have a zeal for history and culture, any of these would be a perfect holiday getaway. If you are looking for a budget friendly trip, you can opt for options in Bangladesh itself, as well as many South Asian destinations, such as Nepal or India, where you can enjoy without worrying about your wallet.

Definitely leave your children and other family members back home when you head for your trip. Remember, this trip is to cherish your marital years so take advantage of the privacy it offers. Pack a surprise gift for your spouse, let it be a ring, a perfume, or a hand-woven sweater, and say hello to bliss. It is a great achievement to stay together for years, bring up your children and experience triumphs and failures. Take your bags out, and get ready to celebrate life.

By Nileema Huda Khan

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