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Employee Assistance Office

Resiliency in Retirement



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Stress in Retirement



Financial concerns

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Finances

- § Have a solid financial plan and gain additional information on financial planning ongoing.
- § Beware of “awfulizing” and “catastrophizing.”
- § Focus on how and not if.
- § Simplify your life.



Health

- § Create a plan for maintaining health with PCP, preventive care.
- § Manage your stress.
- § Maintain healthy eating and exercise regularly.
- § Get enough sleep.
- § Acceptance of changes in the body.

- § Tips for staying mentally sharp:
 - § Control cholesterol and high blood pressure.
 - § Don't smoke or drink excessively.
 - § Learn new skills.
 - § Socialize more.



Relaxation activity



Caregiving

- § Get help from others, including relatives and friends.
- § Attend support groups specifically for caregivers.
- § Continue to be informed of the condition and how to deal with it.
- § Know you are easing the suffering of someone close to you.
- § Take care of yourself!



Relationships

- § Continue to socialize with others, also helps to ward off stress.
- § Learn to accept the people in your life for who they are. Don't wait to start working on relationships.
- § Include family in pre-retirement plans.
- § Recognize that others may not be as available as you'd like. Work on acceptance and forgiveness.
- § Replace social connections you lost with retirement.



Amit Sood, PhD,

**Professor of Medicine at Mayo Clinic College of Medicine and serving as
Chair of Mayo Mind Body Initiative**

§ “One of the keys to interacting with kids and grandkids is give them space, and when you are with them try to help and support them with their daily chores.”

§ “You don't want to close your life with lots of hurts. The magic of retirement is having the time to nurture relationships.”

Attitude of gratitude



Resiliency is our ability
to maintain personal
and social stability
despite change.

Super charged resiliency

- § Give yourself a variety of experiences.
- § “Intern” your first year of retirement (or ½ time?).
- § Find a sense of purpose for yourself.
- § Structure your day.
- § Find activities you like outside of work.
- § Nurture your spiritual values, joy, and kindness.



Vision of Your Future Life



Resources

1. **“Five Top Stressors in Retirement and How to Cope.” USA Today. 2014.**
2. **“How to Deal with the Emotional Challenges of Retirement.” NewRetirement.com. 2015.**
3. **“How to Keep Your Brain Sharp and Healthy as You Age.” EverydayHealth.com. 2019.**
4. **Renew Your Marriage at Midlife. A Guide to Growing Together in Love. Brody, Steve and Cathy. 1999.**
5. **Retirement Planning. Berkley University. 2019.**
6. **The Mayo Clinic Guide to Stress Free Living. Sood, Amit. 2013.**
7. **The Hands-On Guide to Surviving Adult Children Living at Home. Newberry, Christina. 2012.**

Questions?

Employee Assistance Employee Wellness

Call for questions or to build your personal
resiliency skills.

(480) 965-2271