Resiliency in Retirement
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Stress in Retirement

- Financial concerns
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§ 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.
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 of 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 you’d like. Work on acceptance and forgiveness.
§ Replace social connections you lost with retirement.
“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

Questions?
Employee Assistance Employee Wellness

Call for questions or to build your personal resiliency skills.

(480) 965-2271