

# TRANSITION TO RETIREMENT

Prioritising your wellbeing in your next chapter

February 2024



Retirement is an exciting and rewarding milestone, marking the start of a new chapter in your life. It is crucial to prepare for this transformative journey to ensure a successful retirement. While our careers can be rewarding, contemplating what lies ahead helps to reframe retirement not as the end of our personal and professional growth, but instead, as the start of something new.

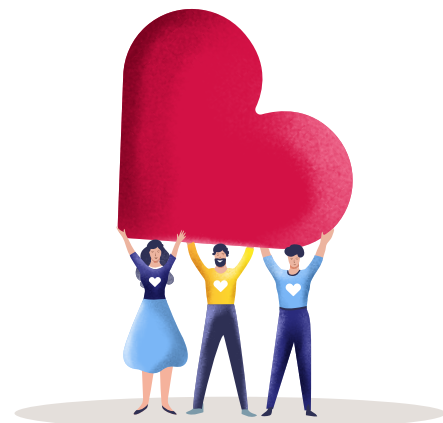
Adjusting to any big life change isn't always easy. But having the right support can ensure that you have a positive, healthy, and happy retirement.

## Re-discovering your purpose

As you approach retirement, discovering and nurturing your individual purpose becomes a key aspect of your overall wellbeing. For many, "life begins" at retirement because you finally have time for the things you've always wanted to do. Reflect on your passions, values, and aspirations, then plan your post-retirement activities around them. Following your passions can lead to a fulfilling and meaningful life, ensuring that your sense of purpose continues to drive you – even in retirement.

This chapter of life also affords you the freedom to spend more time with family and friends, and to travel. However, some things can seem more difficult during this new phase. Changes to your relationships and health might cause an increase in stress, anxiety, and depression. It is important to recognise the [signs and symptoms](#) and to know how to support your wellbeing and [where you can find help](#).

Some ways to manage this time is to consider a gradual transition to retirement, create structure, remain socially connected, and stay active and healthy<sup>1</sup>.



## Nurturing social connections

Balancing various aspects of life is essential for a smooth transition to retirement. Managing your time, relationships, and personal pursuits will help you establish healthy routines and foster social connections.

Having an active and social life is important at any age, as this helps promote good mental health. Retirement often involves a shift in social dynamics, and the significance of maintaining and building social connections contributes to a vibrant and socially connected retirement. Joining community groups, exploring new social hobbies, and building a supportive network are important for our continued wellbeing.

For suggestions on activities, groups, and organisations that can help you stay socially active, head to the [Ending Loneliness Directory](#).



## Prioritising health and fitness

From maintaining a healthy diet, to prioritising sleep and moving our bodies more, it's important to find ways to continue to better your health as you approach later life. This includes being mindful of what we eat, how much we sleep, and ensuring we keep our mind and body active.

Regular physical activity is one of the most important things you can do for your health<sup>2</sup>, as is supporting your mental wellbeing. Caring for both aspects of our health is essential, as our mental and physical wellbeing can be influenced by big changes in our life. For more tips on maintaining your wellbeing in retirement, please visit Head to Health's article, [Looking After Your Wellbeing](#).

## Looking for support or more information?

**For more information on ageing well, check out:**

- [Healthy Ever After – a guide to ageing well](#)
- [Tips for Healthy Ageing - myGov](#)

**For support services, please reach out to:**

- Lifeline 13 11 14
- [MensLine](#) on 1300 789 978 for telephone and online counselling for men
- Beyond Blue 1300 224 636
- Head to Health [Crisis support](#)



## A happy and healthy retirement

A holistic approach to transitioning into retirement is essential. This time of your life should not be seen as just a financial milestone but a significant opportunity to prioritise your wellbeing. By focusing on individual purpose, social connections, and your health and happiness, you can ensure a well-rounded and fulfilling retirement experience.

As you embark on this journey, may these insights empower you to not only transition into retirement, but to thrive in the next chapter of your life.

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