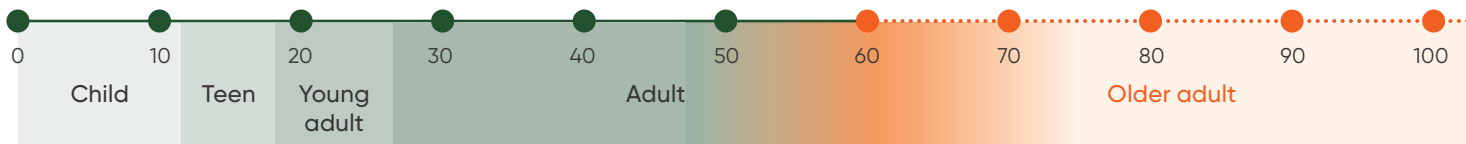




# RETIREMENT

## Planning for a Life Transition

**CONGRATULATIONS  
FOR ALL THE WORK YOU  
HAVE DONE.  
IT IS A NEW BEGINNING!**



### When you Retire, Significant Parts of your Life Change Overnight.

In addition to preparing financially, it is also important to plan how you want to spend your time so you can have an enriching social life outside of your job.

Thankfully, whether it is to seek information, consider options or get help balancing your time, many resources are available to support

you through this transitional phase:

- Presentations
- Workshops
- Books
- Courses
- Websites
- Webinars
- Discussions with family or friends who have been through this stage of life
- And many more

See available resources:

<https://resilienceaineemtl.ca/volets/planifier-pour-demeurer-socialement-actif-au-quotidien/>















# Emotions That Change Constantly



During the period preceding or following retirement, it is totally normal to feel a mix of positive and negative emotions. It is an important stage in your life that involves opportunities as well as challenges. When you retire, you leave behind your professional identity, your social roles and the many years you spent working, to venture into the unknown.

Emotions such as stress, anxiety or sadness can be expressed through physical symptoms (e.g., headaches, difficulty sleeping, digestive problems). These emotions are part of adapting to this new chapter of your life.

## Emotions experienced when retiring: a few examples\*

POSITIVE/PLEASANT	NEGATIVE/UNPLEASANT
 Feeling of freedom	 Apprehension of emptiness
 No more work-related constraints	 Feeling loss of identity linked to work
 Free time for yourself and your loved ones	 Fear of solitude and boredom
 Finally have time for long-delayed projects	 Stress related to restructuring your life
 Develop new interests and activities	 Anxiety related to the role of caregiver
 Personal satisfaction with life accomplishments	 Fear of aging and limitations
 Possibilities to focus on your health and well-being	 Fear of not having enough money for activities and dreams

*\*It is important to note that emotions may vary from one person to another, and that it is possible to feel a combination of feelings.*

## Avoid Isolation

One significant risk when retiring is finding yourself alone, isolated or experiencing solitude. It is well known that isolation and solitude can diminish physical, psychological and cognitive health. **Being around other people after you retire increases your chances of aging in good health!**

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## Take your time

Before you start new activities, it is important to take time to reflect on your interests, dreams and aspirations. Don't make impulsive decisions that you may regret. Trust yourself to discover and try out new activities. You will be surprised what you can achieve when you have support. **Remember: personal development and flourishing know no age limit.**

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## Prepare Your Retirement

**Setting up a pleasant routine, creating enriching social connections and participating in stimulating activities can positively influence your sense of well-being.** For example, take time for yourself, lend a hand to family or neighbours, do volunteer work or get involved with community organizations.