

# Tips for a Healthy Transition into Retirement

ESP Professional Development Webinar



**K-STATE**  
Research and Extension







# FOUR TIPS!

1. Focus on a healthy lifestyle
2. Focus on fundamental relationships
3. Strive to achieve balance
4. Continue planning for your future

# Focus on a Healthy Lifestyle

- Retirement = 10<sup>th</sup> on the list of life's most stressful events
- Retirees can have poorer health outcomes:
  - 5-16% increase in mobility challenges
  - 6% increase in physical illness
  - 9% decline in mental health
- Others can experience improved outcomes

**Retirement has the capacity to change how you manage your personal health.**

# Focus on a Healthy Lifestyle



Break a Sweat



Hit the Books



Follow Your Heart



Buddy Up



Fuel Up Right



# Focus on a Healthy Lifestyle



Head's Up!



Stump Yourself



Catch some Zzz's



Butt Out



Take Care of Your Mental Health



# Focus on Fundamental Relationships

- Life transitions = Relationships change
- What does this mean?
  - More/Less time for important relationships.
  - Opportunities for new routines and rituals.
- Don't slide into these changes.
- Instead, have intentional conversations about your fundamental relationships.





# Focus on Fundamental Relationships

## Tips for Having Conversations about Fundamental Relationships in Retirement

- Make time.
- Invite others.
  - Think of it like a family chat or family dinner.
- Come prepared.
  - Provide a list of questions/ideas.
- Be okay with talking about your hopes.
- Be okay with listening about what others hope for you.



# Focus on Fundamental Relationships

Important questions to work through together:

- When I retire, here's what I may want to spend my time doing. What do you think about that?
- What might you like for us to accomplish together once I retire?
- How should we make decisions together about issues that might arise when I am retired?
- Now that I'm going to be spending more time at home, let's talk about the house/family responsibilities. I'm comfortable doing \_\_\_\_\_. What do you think about taking care of \_\_\_\_\_?
- (With Adult Children) Now that I have more free time, I'm comfortable visiting you \_\_\_\_\_. What do you think about that?
- What else might change/has changed now that I am retired?



# Strive to Achieve Balance

Work-life balance:

- Am I doing too much?
- Am I not doing enough?
- How do I balance life after work?



# Strive to Achieve Balance

## Burnout:

- Definition: State of chronic stress
- Symptoms: Physical and emotional exhaustion
- Prevention: Socializing, self-care, flexibility

## Isolation:

- Development: Loss of social network
- Symptoms: Depressive symptoms, cardiac and memory problems
- Prevention: Socializing, finding passion, reaching out

# Strive to Achieve Balance

## Achieving a Work-Life Balance:

- Clarify daily activities
- Keep a routine
- Prioritize a healthy lifestyle
- Say “No” to over-scheduling



# Continue Planning for Your Future

- Finances
  - We're living longer and spending more years outside of the workforce
  - The planning doesn't stop once you're retired
- Health
  - Advance health care planning
- Home
  - What would you prefer – long-term care or your home?
    - Prepare your home for your future
  - Managing a lifetime of “stuff”

# Tips for Getting Started

1. Focus on a healthy lifestyle
2. Focus on fundamental relationships
3. Strive to achieve balance
4. Continue planning for your future

- Make a list of reasonable goals
- Start small
- Ask for help
- Take your time
- Don't forget to enjoy life!
- Celebrate your accomplishments

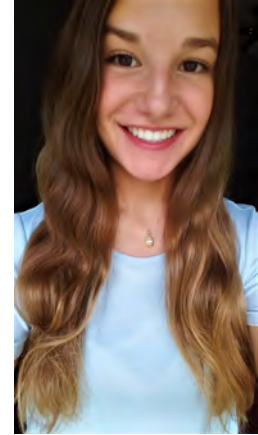
# Thank you!



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