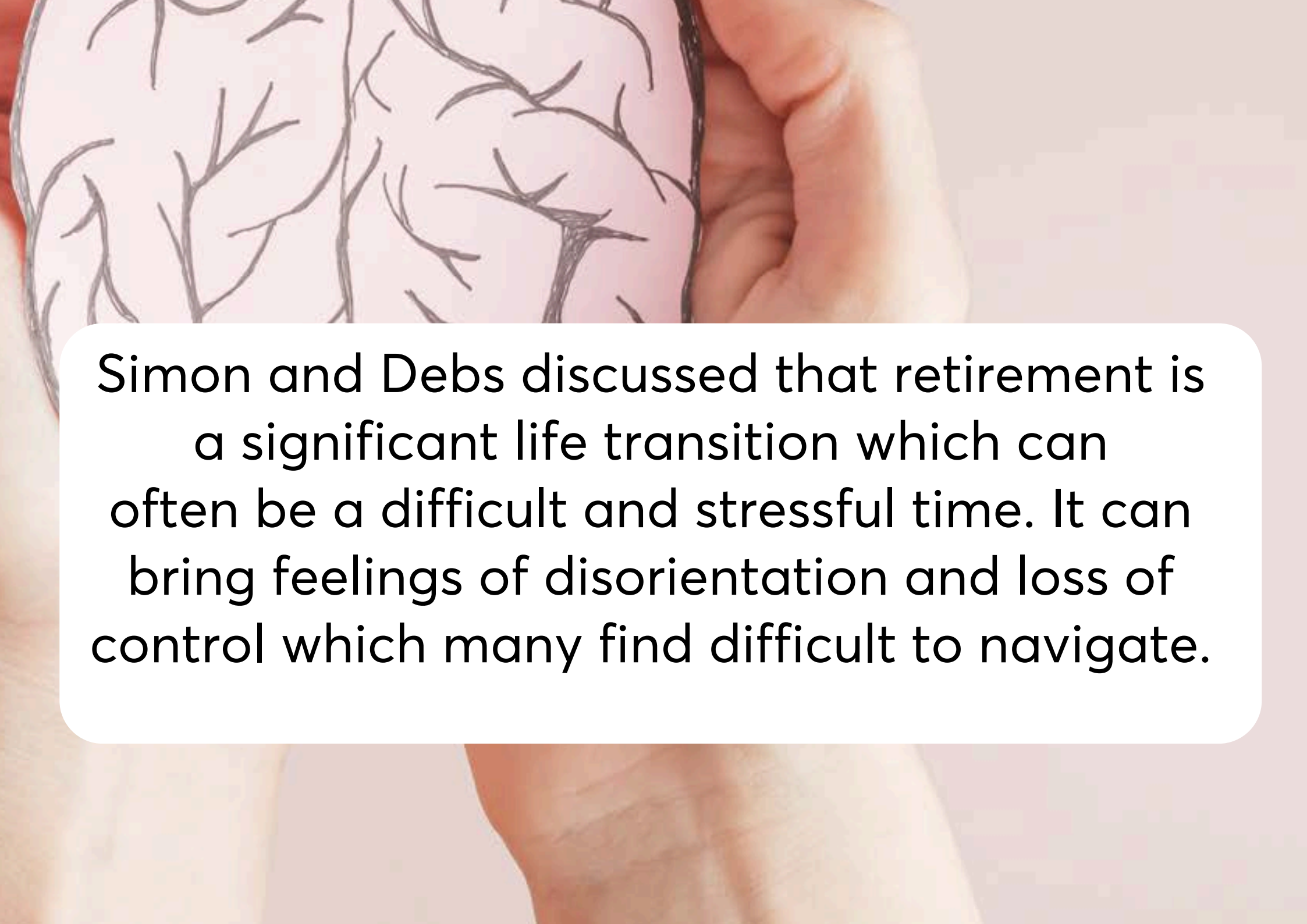


TRANSITION: A MENTAL HEALTH PERSPECTIVE

Key Take Home Messages
from Webinar



A close-up photograph of a hand holding a piece of light pink fabric. The fabric features a black line-art pattern of stylized trees or branches. The hand is positioned on the right side of the frame, with fingers gently gripping the fabric. The background is a soft, out-of-focus light pink color.

Simon and Debs discussed that retirement is a significant life transition which can often be a difficult and stressful time. It can bring feelings of disorientation and loss of control which many find difficult to navigate.

Support & Planning:

It's crucial to include your loved ones and friends in decisions as you plan for what retirement looks like for you, including what you want to achieve and how it will work with those closest to you. Emotional support will help you in your decision making.

Goal Setting:

Setting goals and focusing on manageable chunks can make the transition less overwhelming ie filling up a year planner with monthly goals and targets enables you to see a shape for the new phase month by month, this can then be broken down into weekly plans. Most importantly have a purpose for day 1 of retirement.





Identity Shift:

Retirement can cause a shift in identity and a possible loss of purpose. Exploring options such as part-time work, a new career path, volunteering, hobbies and travel can help restore purpose. Retraining or studying for more qualifications (Open University, Coursera, Futurelearn etc) might also appeal.

Skill Evaluation:

It's important to assess your skill set and identify transferable skills for new pursuits whether that be a new career path or to find the most suitable volunteering path.

Retirement Course:

Consider signing up for a "how to retire" course to guide you through the process.

Staying Active: Physical activity is essential for our wellbeing, if possible outside in the fresh air, it doesn't need to be high intensity. Keep mentally and socially active too. Engaging in activities that bring joy as well as building new social networks through clubs and community involvement are beneficial.

- Gratitude Practice: A daily practice of reflecting on things you are grateful for can promote positivity and wellbeing.



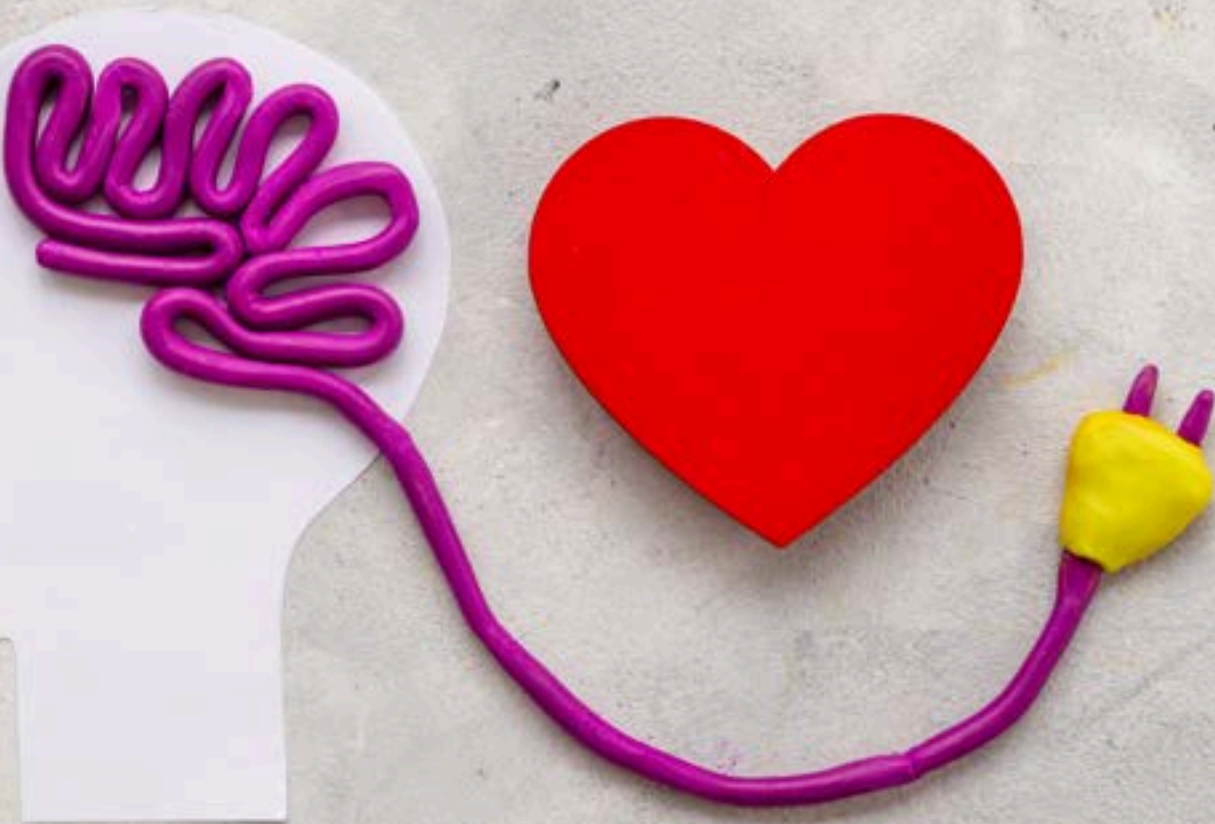
A hand in a dark sweater reaches out to touch tall, golden grass in a field at sunset. The background is a bright, hazy sky with the sun low on the horizon, creating a warm, golden glow. The hand is positioned on the left side of the frame, with fingers slightly spread as if about to touch the grass. The overall mood is peaceful and hopeful.

NHS Five Ways to Wellbeing

(<https://www.nhs.uk/mental-health/selfhelp/guides-tools-and-activities/five-steps-to-mental-wellbeing/>)

There is huge evidence that these five pillars included in our day, improve health and wellbeing:

- o Connect (importance of good relationships)
- o Be active (exercise has been shown to improve mood and positivity)
- o Take notice (awareness of yours and other's needs)
- o Keep learning (building new skills helps improve self-esteem)
- o Give (volunteering and helping others is rewarding and gives purpose)



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