AAUP:
Invest in Yourself Financial Wellness Event
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Psycho-Social Aspects of Retirement:
Acclimating to a New Normal

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- MANY PROGRAMS & ACTIVITIES: e.g. Mentoring of future emeriti faculty, health & wellness, monthly luncheon series, fall picnic, MORE....
Hey! 
Retirement is a BIG DEAL!

Many prospective retirees feel both:

Excited *AND* Terrified!

Lots of affect often is involved.
Rationale: Psycho-social aspects of retirement

- Linear, straight-line planning is important
- But so are thoughts, feelings, hopes, dreams, fears, psycho-social aspects
  Both areas need to be integrated
Psycho-social aspects/domains

PLUS CURRENT AFFECT:

HOPEs, DREAMS, FEARs, EMOTIONS, WISHES, . . .
A Closer Look at Psycho-Social Aspects

Emotional: Resilience, + attitude, demeanor, regulation

Physical: Health, fitness, capacity, balance, strength—exercise!

Environmental: Nature, community

Spiritual: Sense of awe, purpose & meaning

Social: Relationships, support, coping skills

Intellectual: Mental acuity, curiosity, cognitive processing, mindset

Financial: Enough resources at desired lifestyle to last 30+ years
So, let’s bridge to retirement...

(TO CONNECT PSYCHO-SOCIAL ASPECTS WITH RETIREMENT)
Retirement: What is it?

- A time to withdraw?
- A time to relax & rest?
- A whole new chapter?
- The beginning of the end?
“Retirement” is a tired word [many feel]:

How about “ReFirement”? ReFirement suggests:

“approaching life with gusto. To see each day as an opportunity for adventure & learning! to infuse passion & zest into every area of your life—emotional, intellectual, physical, spiritual—heart, head, body & soul.”

(Blanchard & Shaevitz, 2015, pp. 9-10: Refire! Don’t retire)
However it is defined, retirement ushers in a...

that demands acclimation.
Overall, Acclimating to the “New Normal”

- Is an **ongoing process**, where:
  - Financial and health benefits plans need to be in place
  - Psycho-social aspects need priority (social, exercise, spiritual/meaning…)
  - Developing tentative plan to guide you early on is recommended
  - Anticipating change is fundamental
  - *Ability to readjust & adapt is key*

**TIP**
- Ask: “What would be fun to try next?”
Acclimation involves:

- Preparation
- New roles
- New routines
- New relationships
- *Ongoing psychological adjustment*
- Novel ways to find meaning & purpose
Finally, it’s here: What might Retirement be like?

PHASES

Freedom: Honeymoon! About first 3 months or so
Let Down: Deflation, to some degree. From 3-18 months or so (preventable)
Reorientation/Adaptation: Thinking through, Recalibration
Guided Gliding: Sailing on
Reminiscing/Reintegration/Reconciliation: Toward the finale

Ongoing Acclimation: New roles, routines, responsibilities, relationships, assumptions and excitement await......
A Final Word, for now....

“Retirement is not an end, but rather a new beginning, an opportunity for growth, creativity, and the discovery of one's authentic self.”

-George McHenry
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