

AAUP: *Invest in Yourself Financial Wellness Event* February 21, 2023

**Psycho-Social Aspects of Retirement:
Acclimating to a New Normal**

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**University of Cincinnati
Emeriti Association and Center**



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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, . . .



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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)



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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

Aha!

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Q&A



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