

## Employee fact sheet:

# Preparing for Retirement



Retirement can be a positive and meaningful life stage, but it can also bring significant change. Leaving work may affect your routine, identity, relationships, finances, sense of purpose and how you spend your time.

Even when retirement is planned or welcomed, it is normal to have mixed feelings. You may feel excited, relieved, uncertain, emotional or unsure about what this next stage will look like.

### Retirement can affect people in different ways.

You may notice:

- mixed emotions about leaving work
- uncertainty about routine, purpose or identity
- changes in social connection
- changes in household routines or relationships
- worries about finances or future planning
- questions about how to spend your time
- feeling excited but also unsettled
- concern about losing structure, status or connection

These responses are common. Retirement is not only a financial or practical change. It can also be a major personal transition.



Reaching out early makes a real difference. Contact **PeopleSense** to book a confidential appointment with a qualified psychologist.

AU: 1300 307 912

NZ: 0800 425 526

### Strategies that may help

Preparing for retirement can feel easier when you consider both the practical details and the emotional adjustment involved. **PeopleSense EAP** can help you at every step, and these strategies can help you prepare and look after your wellbeing during the process.

#### 1. Plan your routine

Think about how you would like your days and weeks to look.

#### 2. Consider your sense of purpose

Explore what may give you meaning after work.

#### 3. Stay socially connected

Plan ways to maintain or build connection outside work.

#### 4. Talk about the transition

Discuss expectations with your partner, family or people close to you.

#### 5. Review practical needs

Consider finances, superannuation, health, housing and care needs. Seek professional advice where needed.

#### 6. Allow time to adjust

You do not need to have retirement worked out immediately.

#### 7. Notice changes in wellbeing

Pay attention to changes in mood, sleep, motivation, confidence or connection.

#### 8. Seek support early

If retirement is affecting your wellbeing, relationships or identity, confidential support is available through **PeopleSense by Altius**, your EAP.