



## Life After Work

### Are You Ready?

Deane Cornell, Assistant EAP Coordinator

- ✓ Are you looking forward to retirement?
- ✓ Have you developed concrete plans for retirement activities to take the place of work?
- ✓ Does your spouse support your retirement plans?
- ✓ Do you have good friends who are not co-workers?



Often, we focus solely on insuring financial security for retirement and overlook the major lifestyle changes that occur. Taking the time to answer basic life style questions can help you to make a smoother transition from pensionable time to retirement.

The average full-time worker spends 1,800 hours a year at work. We spend one third of our days working and let's not counting travel time. So retirement opens up 9 to 12 hours per day. The question is – How to fill the time and stay happy with your life? Not only is it a question of time but also of adjusting to a change in role. Many people find it a shock to stop working; they develop a loss of identity and life goals – *"Who am I without my job; it's not just what I do, it's who I am!"* Some people miss the social interaction of the workplace and feel out of the loop when they leave.

Many people consider different options in gradual retirement such as a leave of absence, a 4 day work week, part-time hours, filling a consulting role or volunteering.

Those with stable retirement lifestyles have addressed their capabilities, limitations and resources. These retirees feel relatively comfortable with their lives and the people in their lives. They have looked at their interests and found activities which are personally fulfilling for them. They have a sense of purpose in their lives whether achieved through regular contact with friends and family, volunteer work, intellectual or creative pursuits.

*Who am I without my job;  
it's not just what I do, it's  
who I am!*



Successful retirees have collaborated with their partner on issues relating to the place of residence. This mutual decision reflects each person's needs and wishes. They watch their health and diet, have regular check-ups and get at least 30 minutes of exercise three times a week. They are aware of the possibility of excesses in eating, smoking, drinking or gambling.

Over for more

Be patient with your self – retirement is like a new job; it takes time to learn the ropes and get comfortable with the new role.



The time of retirement from paid work can be an exciting and rewarding life stage. However, a successful transition from the workforce to retirement involves planning, setting goals and being realistic. It involves your family, friends and community resources. Most of all it involves believing that the best is yet to come!

### **Remember...**

It's easy to contact EAP!  
Just call locally 549-5561 or toll free  
**1-888-409-4499**. Also the *24/7 After  
Hours Emergency* toll free number  
**1-800-668-9920** gives you direct  
access to a professional counsellor.

### **Complaints or Concerns?**

We appreciate and encourage you to contact FSEAP directly with any complaints or concerns. Your issues are addressed quickly, confidentially and directly by the EAP Coordinator.

### **SAVING FOR YOUR RETIREMENT**

*Tim Utting, Credit Counsellor*

It may seem like a long way away but retirement creeps up on all of us. Unfortunately, we don't always plan for our retirement with the same energy that we plan for a weekend.

Any financial planner will tell you that in order to reach the goal of retiring comfortably you will need to start early, contribute regularly and set realistic goals for what you will need to retire. It is crucial to make saving for your retirement as important a component in your budget as paying your mortgage, your utility bills, your car payment or buying groceries.

With the average life expectancy for men in Canada at 75 years of age and 81 years of age for women, it's clear that we are going to need significant resources to live on after we finish working. It is also clear that the Canada Pension Plan and Old Age Security by themselves will not be enough to maintain the lifestyle that you are accustomed to.

Take the time to reassess or start a Retirement Savings Plan so that you can enjoy your retirement, after all...you've earned it.

*For more information regarding your budgeting options for retirement saving, please contact FSEAP to book an appointment with a Credit Counsellor.*

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SERVICES



EMPLOYEE  
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PROGRAMS