Adjusting to Retirement: Handling Depression, Stress, and Anxiety

Family and Parenting Support · https://community.womensmoneymatters.org/es/resources/adjusting-to-retirement-handling-depression-stress-and-anxiety/

Link:

The HelpGuide article on "Adjusting to Retirement" provides insights and strategies for navigating the transition into retirement. It discusses the emotional and psychological changes that may arise, such as feelings of loss or anxiety about the future. The article emphasizes the importance of staying active, socially engaged, and pursuing new interests to foster a fulfilling retirement. It also offers tips on creating a structured daily routine, maintaining relationships, and managing finances. Overall, the guide aims to help retirees adapt positively to this significant life change and enjoy a rewarding retirement experience.