

HOW TO ENJOY RETIREMENT

Retiring from work and having every day to your self, sounds great. Image you are lounging on the sofa reading the daily newspaper, sipping coffee; letting the world pass you by. In reality retirement can be daunting, frustrating and can cause more than a few problems between you and your partner.

Learning to Live Together

When two people start living together, it takes a little while to get used to sharing the same space. As the years pass, you enjoy separate lives for the majority of the time as you go to work or raise a family. But this all changes when one of the couple retires. Without realising it they are now invading their partner's space and this could cause some friction.

What To Do With Your Time

It's obvious that you can't read the newspaper or magazines all day, that's really counter-productive and you will soon get fed up. You could develop your hobby, or try new hobbies to see which ones you like.

You could also try volunteering or mentoring, these are both excellent ways to occupy your time and give something back to the community.

Keeping Physically Fit

Every day you went to work, the activities you did contributed to your fitness. You may not have had a very physical job, but walking around, getting up and down from your chair, carrying boxes, walking to and from the toilet, perhaps up and down some stairs, all added to your fitness.

Before you start any sort of fitness program you should check with your doctor. Walking is one of the easiest and cost effective exercises and if you can combine this with some weight resistance training two or three times a week that will certainly help to keep you fit.

Keeping Mentally Fit

Although physical fitness is really important, mental fitness is critical. You need to keep a positive attitude and keep all negatives thoughts to a minimum.

Going Back to School

Life teaches you many things and you gain experience along the way. When you were at school you had to study, you didn't have a choice. But in adult life, you have the option and quite often those people who go back to school or university do exceptionally well, because they want to learn.

Just decide what you want to do and then look for education centres that run those types of courses or qualifications.

Opportunities

If you really would like to keep working and find one of those "nice" little jobs, then you need to go to places where you can meet people that may need your assistance. Tennis clubs, bowls clubs, recreation centres, or over 55s clubs. Don't forget to check the local newspapers for employment ads.

About the Author:

Barb is a successful business writer/editor/communicator. She writes in plain language and believes material for print and the web should be clear, concise and user-friendly. Please visit her website at www.barbclews.com to find out more.