



Western Cape
Government

FOR YOU

Department of Education

Retirement

Psychosocial Aspects of Retirement

lyra

Starting out on a positive...

Wat has been your biggest success?

What are you looking forward to?

Retirement

How are we feeling ?

Framing of Retirement



- Retirement is not the end of the road. It is the beginning of the open highway.

Things we should be considering?

- Financial security
- Lifestyle and leisure
- Health and healthcare
- Living arrangements
- Social connections
- Time management and purpose
- Estate planning and legacy



My Retirement Plan

Clear retirement goals

Financial planning

Saving and investing

Managing debt

Health and healthcare considerations

Long-term care planning

Continual review and adjustment

Seek professional advice



Getting out of Work Mode

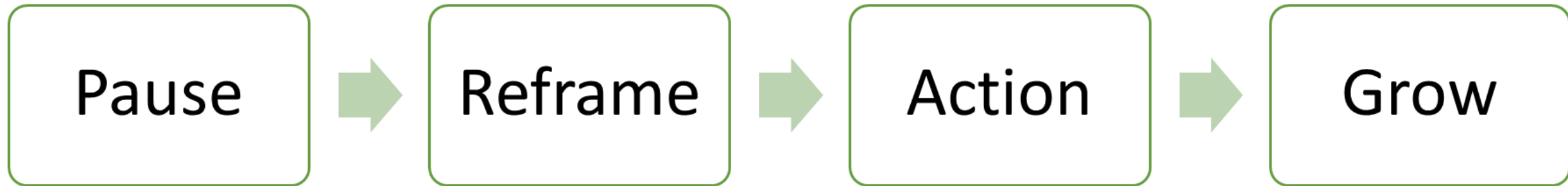
Reworking the working brain...

Avoiding the need to do something...

- Reflect and redefine personal goals
- Explore new hobbies and interests
- Volunteer or engage in community activities
- Maintain social connections
- Stay physically and mentally active
- Pursue lifelong learning
- Create a routine and structure
- Practice self-care and relaxation
- Embrace flexibility



PRAG



Alternatives to work

1. Volunteer work
2. Pursuing hobbies and interests
3. Learning and education
4. Entrepreneurship or freelancing
5. Creative pursuits
6. Mentorship and coaching
7. Travel and exploration
8. Caregiving and family involvement
9. Civic engagement and advocacy



Structure vs Flexibility

Structure

- Loose Routine
- Clear Goals
- Time Management
- Schedule Social Connections

Flexibility

- Embrace spontaneity
- Stay Adaptable
- Embrace some Down Time

Fulfilment and Purpose

Finding these personal aspects in Retirement...

A little exercise...Let's think of these Four areas...

- Values
- Motives
- Actions
- Fulfilment

Moving from “Need” to “For Me”



I can finally start moving away from **I NEED** to do this because I must accomplish this to I can start doing this **FOR ME** because personally I will find this beneficial.

Setting Expectations

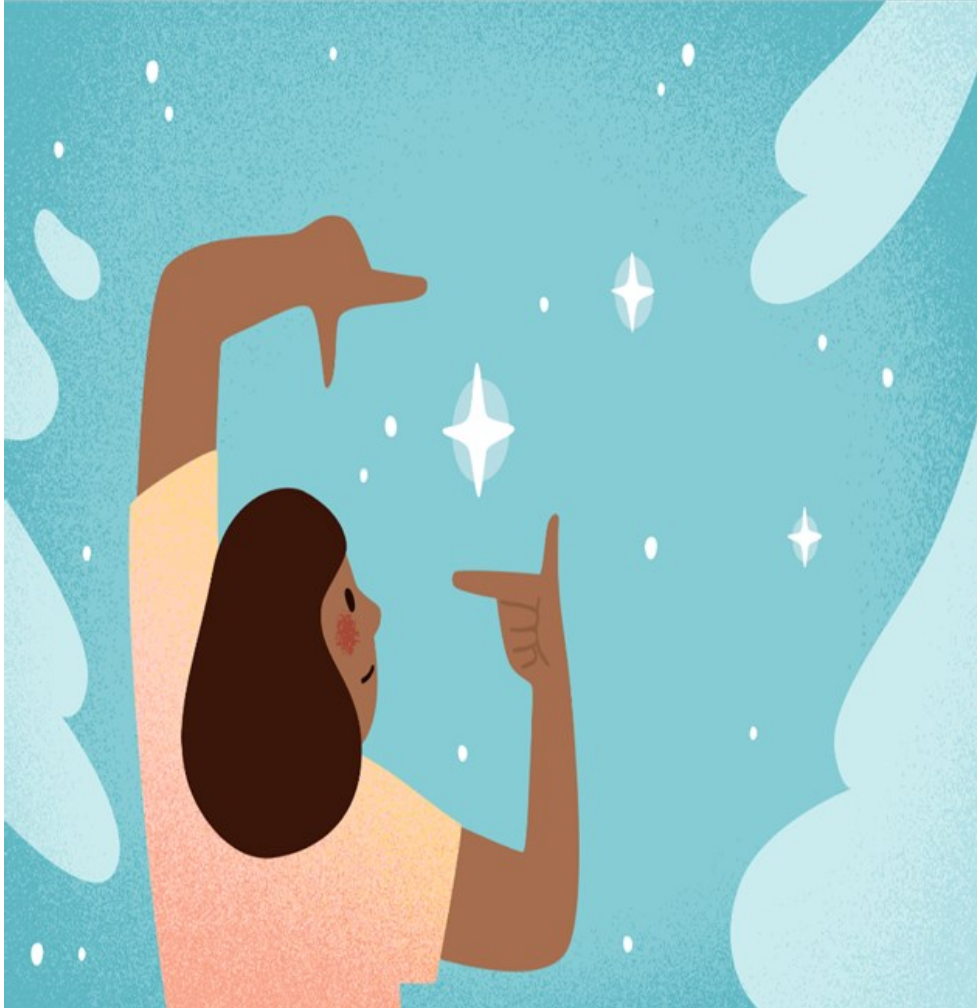
- Reflect on your own expectations
- Initiate open and honest conversations
- Share your goals and priorities
- Discuss financial considerations
- Address potential concerns or conflicts
- Set boundaries and expectations
- Seek mutual understanding and compromise



Retirement Concerns

What are some of the Challenges?

Common Retirement Concerns/Frustrations



Financial insecurity

Healthcare expenses

Social isolation and loneliness

Loss of identity and purpose

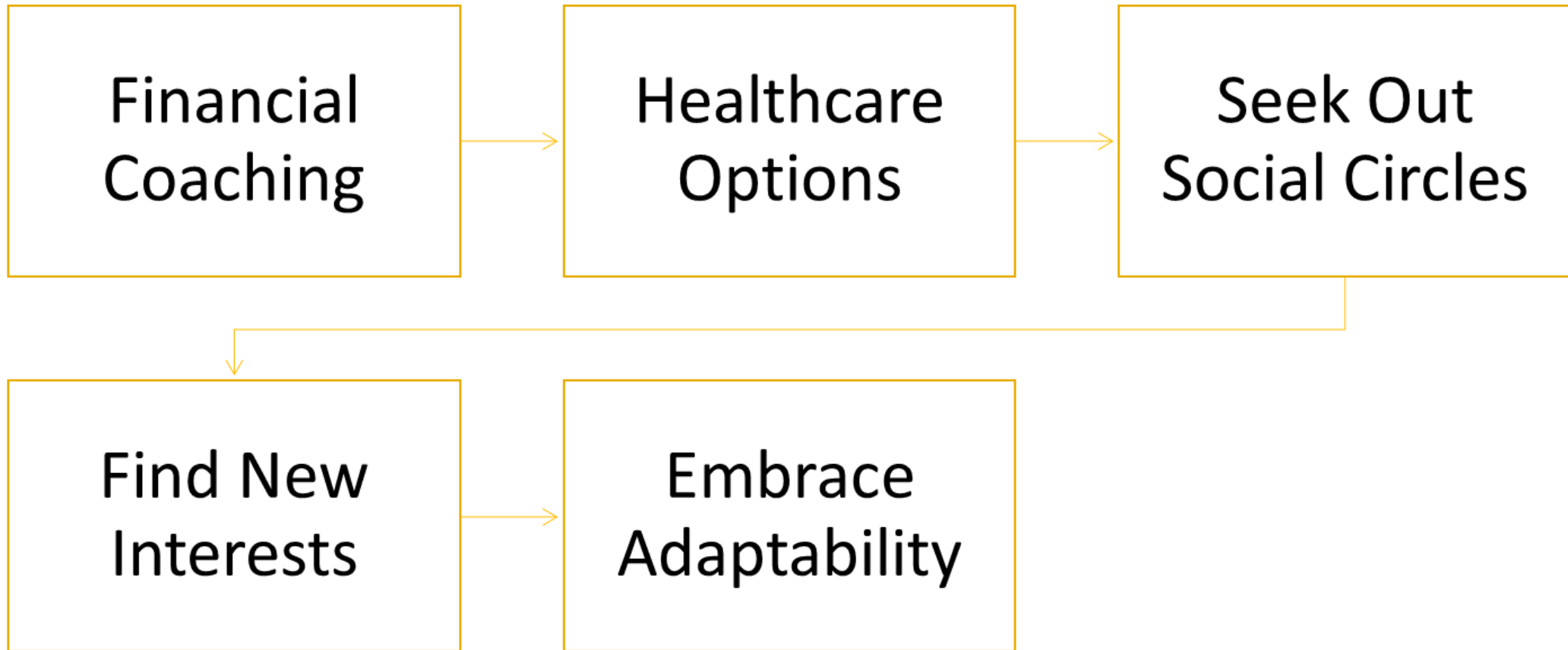
Changes in relationships and family dynamics

Health concerns and declining abilities

Boredom or lack of stimulation

Uncertainty about the future

Planning for these challenges



The Last Phase

Reflect

Gratitude/Present Moment

Guidance

Planning

Embrace the Journey

Thank you

Points of Contact



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 - Tap the banner that appears on your Android phone or tablet.
 - Follow the instructions on the screen.

