

From Workday to Your Day: Building Healthy Routines After Retirement



Create a new rhythm that works for you.

For years, work may have shaped when you wake up, where you go, who you see and how you spend your day. Retirement brings more freedom, but losing that familiar structure can take some adjustment. Creating a flexible routine can help your days feel balanced, fulfilling and uniquely yours.

Build a routine around what matters.

You don't need to schedule every hour. Instead, think about making regular space for:

- **Movement:** Stay active in ways you enjoy and that work for you.
- **Connection:** Make time for friends, family and your community.
- **Purpose:** Include activities that help you feel productive or fulfilled.
- **Interests:** Rediscover hobbies or try something you've always wanted to do.
- **Responsibilities:** Find a comfortable rhythm for errands, appointments and household tasks.
- **Rest:** Leave room to relax, recharge and enjoy having fewer demands on your time.

Find your new rhythm.

Start with a few simple questions:

- What helps me start my day feeling good?
- What activities do I want to make a regular part of my week?
- Am I making time for both people and myself?
- How will I stay physically and mentally active?
- Does my routine leave room for spontaneity and fun?

Give yourself room to adjust. Your retirement routine doesn't have to be perfect from day one. Try different activities and schedules, notice what makes you feel your best, and adjust as your interests and priorities change.

Make your time your own.

Retirement offers something your workday may not have: more choice in how you spend your time. A healthy routine can provide enough structure to keep you active, connected and engaged while leaving plenty of room to enjoy the freedom you've earned.

EAP is here for what's next. Connect with EAP for free support as you plan new routines, establish healthy habits and navigate the transition to retirement.