



Preparing for Retirement: More Than a Financial Plan

Prepare emotionally, physically and socially for a fulfilling next chapter.

When you think about preparing for retirement, finances may be the first thing that comes to mind. But retirement is more than leaving work. It's a major life transition that can change your routines, relationships, social connections and sense of purpose.

Even when you're looking forward to retirement, the adjustment can take time. Considering what you want life to look like before your last day of work can help you prepare for what's next.

Think beyond the retirement date

Consider these important parts of retirement readiness:

Purpose & identity: Explore what will bring meaning and fulfillment beyond work.

Daily life: Think about the routines and activities that will give your days structure.

Relationships: Talk with loved ones about expectations for this new chapter.

Connection: Plan how you'll maintain friendships and stay socially engaged.

Health & wellbeing: Build healthy habits now to support the life you want later.

Picture your next chapter

Ask yourself:

What am I most looking forward to?

What might I miss about working?

What will give my days structure?

Who do I want to spend more time with?

How will I stay active and connected?

What can I start doing now to prepare?

Retirement still years away?

You don't have to wait to start preparing. Build interests outside of work, nurture important relationships, take care of your health and discover what gives you purpose. The life you want in retirement is something you can begin building today.

EAP is here for what's next. You don't have to be facing a crisis to use EAP. Whether retirement is approaching or years away, EAP can provide free support as you navigate change, strengthen relationships, manage stress and prepare for your next chapter.