



Stay Connected After Retirement

Make connection part of your next chapter.

Work can provide more social connection than you realize. Retirement may mean fewer everyday conversations and less time with familiar coworkers, making it important to find new ways to stay connected. Maintaining strong relationships and an active social life can support your emotional and physical wellbeing.

Make connection intentional

A fulfilling social life may look different after retirement. Consider ways to:

- **Keep in touch.** Maintain relationships with friends and former coworkers who are important to you.
- **Strengthen relationships.** Spend more meaningful time with people you care about.
- **Get involved.** Explore clubs, community groups, or activities centered around your interests.
- **Give back.** Volunteering can create opportunities to meet others while contributing meaningfully.
- **Try something new.** Take a class or join a group that puts you around people with shared interests.
- **Mix it up.** Make room for both familiar relationships and opportunities to build new ones.

Build your social plan

Ask yourself:

- Who do I want to stay connected with after I retire?
- Which relationships would I like to strengthen?
- Where could I meet people who share my interests?
- What activities could keep me involved in my community?
- Am I creating a healthy balance with my time?

Start now. Your social life in retirement can begin taking shape now. Strengthen relationships, explore activities and get involved in your community before you retire so connection is already part of your next chapter.

Stay connected to what matters

Retirement may change where you spend your days and who you see every day, but it can also open the door to deeper relationships and new connections.

EAP is here for what's next. Connect with EAP for confidential support as you plan for retirement, strengthen relationships and build a fulfilling life beyond work.