

Things to do in retirement



Retirement is your opportunity to fill your days with what makes you happy. But it can be hard to imagine life after work. This is especially true if you've spent your whole career achieving goals that make you proud.

For a happy retirement, you need to feel purpose and safety. Having a purpose gives you challenges to keep growing. And feeling safe lets you rest and enjoy your new achievements. Together, these lead to fulfilment.

Your sense of security can be helped by some [financial planning](#) before retirement. [Helpful products](#) such as [personal safety alarms](#) can also put your mind at ease.

But what about your sense of purpose after you retire? It's important to replace the routines and challenges imposed by work with other things that fulfill you. For healthy ageing, you must keep your mind and body engaged.

You can do this with hobbies and personal goals. You may find feelings of purpose in sports, arts, crafts, or interpersonal relationships.





Here are some ideas for things to do in retirement:

Develop your relationships

Socialisation and routine are both important to your mental health. You may be used to leaving for work at the same time each morning and seeing your colleagues most days every week. Now you can make your own social routine. Get your friends together for regular events like book clubs, walks, or brunches.

Offering to babysit your grandchildren can bring you closer to your kids and grandkids both. Spending [time with the grandkids](#) is also likely to keep you moving around.

Another thing that could keep you moving around and emotionally fulfilled is a pet. Retirement could be a good time to adopt an older dog who needs a home. (This will be easier than caring for a highly energetic puppy!)

Give back to your community

It's important to remain [connected to your community](#) after you leave work. You may find fulfilment by [volunteering](#) to help others. You can see if local animal shelters, museums, food banks, or [libraries](#) need assistance.

Or you may like to take on some part-time work in the either the same field you're used to, or a completely new one.

Retirement could also be the perfect time to pass down your knowledge. You could become a mentor or teacher. Secure the legacy of your years of experience by sharing with the younger generation.

Work on your hobbies

You can also fill your post-retirement routine with your favourite hobbies.

Perhaps you want to spend more time baking or [cooking](#) for the family.

Artistic activities are not only fun, but also good for your brain. You can build emotional and cognitive skills just by [painting](#), [crafting](#), [reading](#) or writing creatively.

[Gardening](#) is a great way to get sunlight and stay active.

Now is also the time to finally make those home improvements you were too busy to do before.

Study and train new skills

It's important to [learn new skills as you age](#). You can take a class in anything that interests you. Maybe take this time to learn a new language or instrument.

You can also join a sports club or [dance class](#) and learn some new moves. This will train your brain as well as your fitness skills.

It's healthy to set intellectual goals for yourself, but physical goals are important, too. For example, training to walk a marathon. Or learning [Tai Chi](#) to stay fit so you can keep taking your dog for walks.

[Keeping physically active](#) helps you age well. And it's never too late to begin your fitness journey. Learn more about [exercise recommendations for older people](#).

Enjoy yourself!

Have you considered travelling? Perhaps you'd enjoy a cruise. Or taking a campervan around the country.

You can always participate in community events, like seasonal markets and festivals. Go to live music shows and quiz nights at your local bars or community centres.

Want to be part of a games club? You can find or start up a group who get together regularly to play games like chess, cards or boardgames.

Spend your retirement doing what you makes you happy. And be sure to allow yourself some quality leisure time.

More helpful information

If you need more information, take the [LiveUp quiz](#) or get in touch with one of our helpful team on **1800 951 971**.



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