

Facts on Retirement

Questions to consider when contemplating retirement:

- Will I miss my co-workers?
- Will I continue to have opportunities to learn and to make a difference?
- Will I miss the prestige or respect from working with my company?
- Will I find challenges similar to those I had while working?
- Am I financially secure?

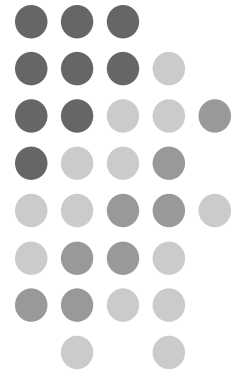
Factors for a rewarding retirement:

- Age successfully by avoiding risk factors—smoking, obesity, inactivity
- Use mental and physical abilities and capacities
- Participate in productive or meaningful activities
- Engage in reciprocal, not dependent relationships
- Continue to work part time or as a consultant

Ikigai—pronounced “ee-key-guy” is a Japanese concept which translates as “**that which makes life worth living.**” Mieko Kamiya, a well-known Japanese psychiatrist and clinician identified **seven basic needs** associated with *ikigai*:

The need for:

- a fulfilling existence
- change and growth
- future perspectives
- receiving responses
- freedom
- self-actualization
- significance and value



Retirement is a major life change and needs to be carefully planned, not just financially, but also socially and emotionally.

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