# Retirement

## Your 6 Ways to Wellbeing

west space

Retirement is often seen as a reward after a long working life, but it can also bring uncertainty, change, and mixed emotions. You might feel relief and freedom, but also loss, confusion, or loneliness. For many people, work provides structure, identity, and purpose, so when that changes, it can take time to find your rhythm again.

You might be missing routine or connection, worrying about finances, or wondering how to fill your days. All of this is completely normal. Small, intentional steps can help you stay grounded, connected, and fulfilled in this new stage of life.

You can explore the Six Ways in any order; there's no right or wrong place to start. Take your time and choose the areas that feel most relevant to you. These simple ideas can help you build the Six Ways into your everyday life.

Read on to find out more and try them out for yourself.

# Your Wellbeing Traffic Lights

**For each of the 6 Ways to Wellbeing, think about how you feel right now. Then choose a colour below:**

| | | |
|---|---|---|
| **Red** | | **This is an area I find difficult or I'm not doing much of at the moment.** |
| **Amber** | | **I'm doing some things in this area, but there's room for improvement.** |
| **Green** | | **I feel confident and positive in this area.** |

**Focus first on Red or Amber areas. Small steps-like checking in with a friend or taking a short walk-can grow into something meaningful over time.**

**There's no right or wrong answer. This is just a tool to help you reflect and take positive steps for your wellbeing.**

west space

# Your Wellbeing Traffic Lights

Feeling in control of money reduces stress. This could mean making a budget, getting advice, or taking small steps to plan ahead.

Paying attention to what's around us helps us feel present. You might notice nature, savour a meal, or pause to breathe.

Building strong relationships helps us feel supported. This could mean spending time with family, friends, or joining a group.

Learning new things keeps our minds active and builds confidence. Try a new hobby, recipe, or skill.

Moving our bodies boosts mood and energy. It doesn't have to be sport - it could be walking, dancing, or stretching.

Helping others gives us purpose and joy. You could volunteer, offer your time, or do something kind for a neighbour.

west space

# Financial wellbeing

## Take time to plan ahead and find support if you need it.

Adjusting to a new financial reality can bring stress and uncertainty. Whether you are managing a fixed income, facing unexpected costs, or simply worrying about the future, it is important to remember that you are not alone. Financial wellbeing is not just about numbers. It is about feeling secure, supported, and in control of your choices.

Small, manageable steps and the right advice can make a big difference. Support is available, and seeking it is a sign of strength, not weakness.

## Financial Wellbeing

- Speak to Citizens Advice or a local advice centre about pensions, benefits, or budgeting.
- Make a simple list of essential expenses to help you see things clearly.
- Prioritise what brings comfort and joy. It does not have to cost much.
- Swap instead of shop by using community networks to exchange clothes, books, or household items.

# Financial wellbeing worksheet

## Reminder

**Struggling financially does not mean you have failed. You deserve stability, dignity, and peace of mind. Help is out there, and you deserve to access it.**

**Use this space to think about ways to feel more in control of your money and reduce stress.**

- What money worries have been on your mind lately?
- Who or what could you reach out to for financial advice or support?
- How can you find joy in ways that do not depend on spending?

# Take notice

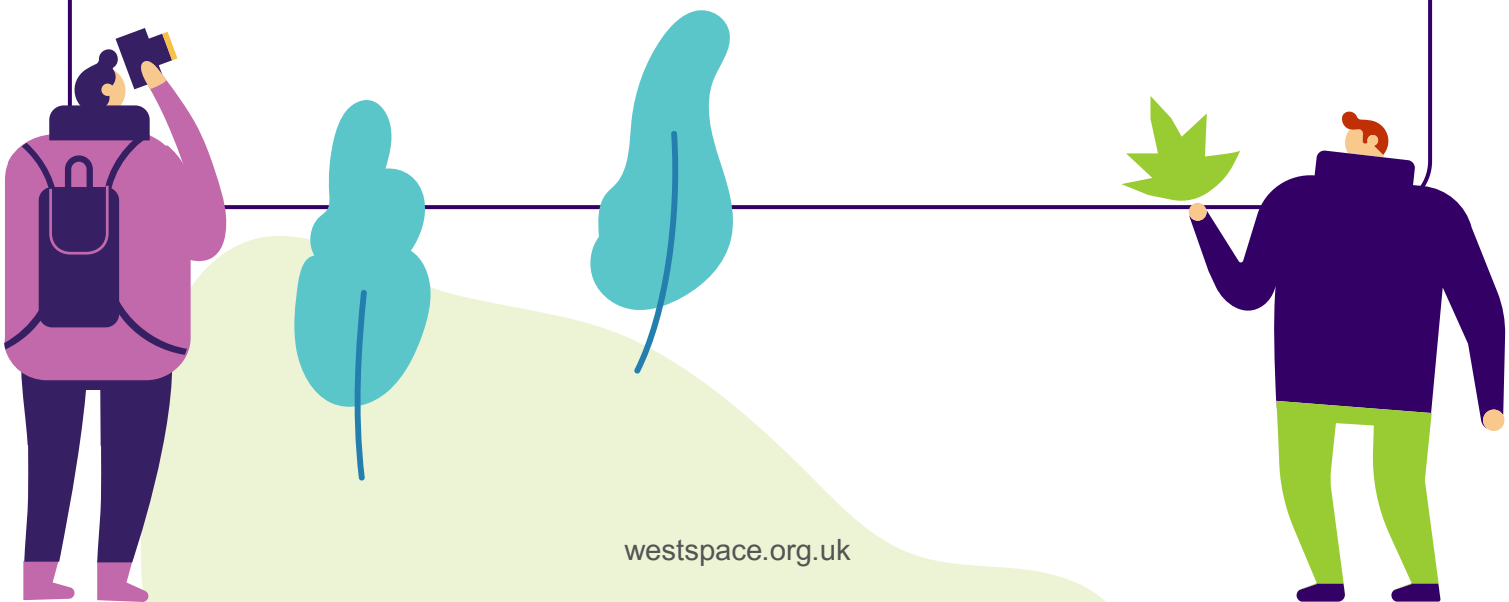
## Enjoy slowing down and noticing what makes each day meaningful.

After years of routine, retirement can feel both freeing and unsettling. Without deadlines or structure, it can be easy to feel adrift. Taking notice, through mindfulness, reflection, or simple awareness, can help you find calm, gratitude, and meaning in your day-to-day life.

Mindfulness does not have to mean meditation. It is about noticing small details such as how your morning tea tastes, the way sunlight moves across your living room, or how your breath feels in your body.

## Take Notice

- Take five minutes each day to notice your surroundings or how you feel.
- Start a journal, sketchbook, or photo habit to record moments that matter.
- Create new routines or rituals that bring comfort and stability, like a morning walk or weekly call with a friend.
- Spend time outdoors whenever possible. Nature is a natural stress reliever.



# Take notice worksheet

## Reminder

**Life might look different now, but there are still moments of beauty and meaning waiting to be noticed.**

**Use this space to explore ways to be more mindful and aware of the present moment.**

- What small moment brought you peace or joy recently?
- How does it feel when you slow down and pay attention to the present?
- What new rituals or routines might help you feel grounded?

# Connect

## Stay in touch with people who lift you up – connection keeps you thriving.

One of the biggest changes in retirement is the loss of daily connection with colleagues or a wider team. Those small chats, shared goals, or moments of laughter can leave a gap once work ends. Humans are social beings, and staying connected, whether through friendships, family, or community, is vital for our mental wellbeing.

Connection does not have to mean constant socialising. It can be as simple as reaching out to one person you trust, joining a local group, or chatting with a neighbour. Building and maintaining social contact can help you feel valued, seen, and supported.

## Ways to Connect

- Reach out to old friends or colleagues. Do not wait for them to contact you.
- Join a local group, class, or community café. Many are free or low-cost.
- If mobility or transport is a barrier, explore online or phone-based communities.
- If you are feeling isolated or low, talk to someone you trust or speak to your GP.

# Connect worksheet

## Reminder

**It is never too late to make new connections or strengthen old ones. Every small interaction matters. You deserve companionship and care, no matter your age or circumstances.**

**Use the space below to explore ways you can connect with others. Think about what works for you and add your own ideas.**

- Who in your life makes you feel most supported or uplifted?
- What kind of connection do you miss most from your working life?
- What small step could you take this week to reach out to someone?

# Keep learning

## Now's the time to explore interests old and new.

Retirement can leave a gap where professional challenges and goals used to be. Learning something new, just for the joy of it, can help you stay mentally active, boost self-esteem, and bring fresh purpose.

Lifelong learning does not have to mean formal education. It might be rediscovering a passion, trying a hobby, or learning more about yourself and your community. Staying curious helps you stay connected to the world and gives each day a sense of growth.

## Keep Learning

- Try a new hobby, or return to something you once loved such as painting, writing, gardening, or music.
- Join free adult learning classes or community workshops.
- Explore your local area, visit museums, attend talks, or discover volunteering opportunities.
- Keep a journal or photo diary to reflect on what you are discovering about yourself.

# Keep learning worksheet

## Reminder

**You have not stopped growing just because you have stopped working. Learning in this stage of life is about exploration, creativity, and self-discovery.**

**Use this space to think about ways to try new things and keep your mind active.**

- What is something you have always wanted to learn, but never had the time for?
- How can you bring curiosity into your daily life?
- What have you learned about yourself in this new chapter?

# Be active

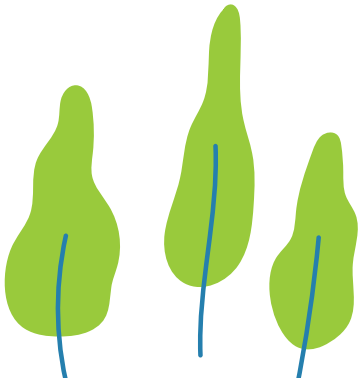
## Now's the time to explore interests old and new.

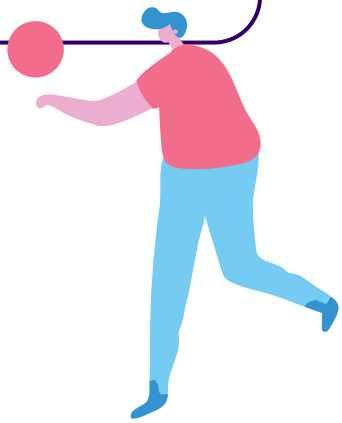
You do not need a gym membership or strict routine to stay active. Gentle movement can help ease tension, lift your mood, and support better sleep. Physical activity also helps boost confidence and keeps you feeling capable as your body changes.

What matters most is consistency and enjoyment, moving your body in ways that feel kind and sustainable. Even simple activities like gardening or walking to the shop can make a real difference.

## Be Active

- Take a daily walk, stretch each morning, or try free YouTube workouts for older adults.
- Join a local walking group, tai chi class, or gardening club. Movement and connection in one.
- Dance to your favourite song while cooking or tidying up.
- Find activities that work for your body and energy levels, not against them.





# Be active worksheet

## Reminder

**Movement is not about performance or pushing yourself. It is about reconnecting with your body and enjoying what it can still do.**

**Use this space to think about ways you can move more and stay active.**

- How does your body feel when you move, even a little?
- What kind of physical activity brings you joy or peace?
- How might you add one gentle movement into your routine this week?

# Give

## Share your time, skills, or stories - they make a real difference.

Many people miss the sense of purpose and contribution that work provides. Giving, whether time, kindness, or experience, can restore that sense of meaning. It is not about overcommitting. It is about finding ways to offer care and connection that feel fulfilling to you.

You might volunteer, mentor, or simply be a listening ear for someone who needs it. Giving also means extending compassion to yourself, recognising that rest and self-care are forms of generosity too.

### Give

- Volunteer, support a local cause, or join a community project.
- Share your skills or life experience through mentoring or creative storytelling.
- Offer encouragement to others. Kind words go a long way.
- Balance giving to others with giving to yourself, such as rest, space, and patience.

# Give worksheet

## Reminder

Your value does not end when your job does. The care, experience, and wisdom you carry are deeply needed in the world.

**Use this space to explore ways you can help or support others.**

- What kind of contribution feels meaningful to you now?
- How have you already given care or support recently?
- What could it look like to give yourself the same kindness you offer others?

# The 6 Ways to Wellbeing

## Final Thoughts

Retirement is not the end of your story. It is a new chapter that invites rest, curiosity, and reconnection. It is okay if you do not feel settled straight away. Change takes time, and so does rediscovering who you are outside of work.

You are still capable, valuable, and full of possibility. Whether you try one small idea from this guide or simply take a deep breath today, remember that you are doing your best, and that is enough.

Support, information, and local resources are available. You do not have to figure this out alone.

Share this guide with friends, family, or neighbours. Knowing someone else is trying too can be incredibly reassuring, and supporting each other helps build stronger, more compassionate communities.

**For more ideas, local resources, and community support, visit:**

# Your thoughts...

**This space is yours. Use it to jot down ideas, reflections, or anything that comes to mind as you explore the Six Ways to Wellbeing.**

**There's no right or wrong way to do it. It's simply a space to pause, reflect, and capture whatever feels helpful in the moment.**

# Your thoughts...

# Stay in touch

@WestSpaceTweets

@WestSpace

www.westspace.org.uk

westspace@health-in-mind.org.uk

west space