

The quiet challenge of retirement

March 1, 2025



Over the years of working with clients, we have found that often their greatest challenge in retirement isn't financial, it's mental. In fact, mindset coach George Jerjian asked more than 15,000 retirees over the age of 60, "What is your single biggest challenge in retirement?" He found that finances weren't even at the top of the list! Respondents shared comments like: "I'm not sure what to do with my time; I feel lost." "Fear of losing the identity I created over a lifetime." "Keeping my mind healthy and adding value to the world."

We envision retirement as the long-awaited reward for years of hard work. Images of leisurely days, travel, and pursuing hobbies often dominate the pre-retirement dream. However, the absence of a structured work environment, decreased social interaction, and shifts in identity can contribute to stress, anxiety, and even depression. Proactively addressing these potential hurdles can pave the way for a fulfilling retirement.

Loss of Routine

One of the most significant transitions is the loss of a daily routine and the sense of purpose it provides. To overcome this hurdle, retirees often consider establishing new routines that incorporate activities they enjoy, whether it's volunteering, taking classes, joining clubs, or dedicating time to hobbies. This structure not only fills the day, it also fosters a sense of accomplishment and continued growth.

Social Connection

Social connection is another element to consider during the retirement years. Without work, retirees may naturally find themselves with less social interactions. Excellent ways to meet new people with shared interests include joining community groups, taking up a new sport (like pickleball), or volunteering. The sense of belonging and connection that comes from social interaction is a powerful mental health booster.

Financial Concerns

Financial concerns can also weigh heavily on retirees' minds. Careful financial planning before retirement is essential, but even with the best-laid plans, unexpected expenses can arise. Open communication with family about financial matters can also alleviate stress and prevent misunderstandings.

Seeking Assistance

It's important to acknowledge that sometimes, despite our best efforts, feelings of anxiety or depression can persist. There is no shame in seeking professional help. Therapists and retirement coaches can provide valuable support and guidance to help retirees live their best lives.

We want your retirement to be a time of joy and fulfillment. By proactively addressing potential hurdles, you can embrace this new chapter with confidence and enjoy the fruits of your labor.

The Retirement Readiness Checklist includes the information you need to avoid common pitfalls, make informed decisions, and build a clear, actionable plan for retirement. Get your copy here:

<https://www.liveinspiredwealth.com/get-retirement-ready>

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