

# Retirement: More than money



Don't just retire from something — retire to something. While you may have accumulated a substantial balance in your retirement accounts, having a large nest egg shouldn't be your only consideration. How will you spend your time – and your money – once you leave the work force?

## ✓ Don't think of it as only work

When you're working, a large part of your identity may be centered around your job. The eight or so hours a day you spend at work interacting with coworkers take up a significant portion of your life. Before you step out that door, think about how the loss of that interaction might affect you. Going from a structured work day to leisure time 24/7 might seem great at first, but you may want to have a long-term plan. If possible, working part-time at your current job or taking a part-time job that interests you somewhere else could ease the transition.

## ✓ Time for what, exactly?

If you're not going to work, what are you going to do? Planning for how you'll spend your leisure time can keep you focused and prevent you from becoming bored. Volunteering, attending classes at a nearby college, traveling or taking day trips — there are many ways to fill your leisure hours. You might even be able to turn a favorite hobby into a business and make some extra money in the process. The important thing is to have a plan for retirement that keeps your mind and body occupied.

## ✓ A spouse in the mix

Your spouse may feel differently about retirement than you do. Have a heart-to-heart discussion of your expectations well before either of you leaves the work force.



If you have questions about your workplace retirement plan, please contact your Human Resources department or your retirement plan provider's customer service center.