

Post-retirement era: How to ace the age with grace.

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Received: 03-Jan-2022, *Manuscript No.* AAJMHA-22-104; *Editor assigned:* 05-Jan-2022, *PreQC No.* AAJMHA-22-104(PQ); *Reviewed:* 19-Jan-2022, *QC No.* AAJMHA-22-104; *Revised:* 22-Jan-2022, *Manuscript No.* AAJMHA-22-104(R); *Published:* 29-Jan-2022, *DOI:*10.35841/aajmha-6.1.104

Introduction

Depending on whether or not one continues physically and socially active and takes a new view on life, the post-retirement era can be both a source of fear and an opportunity. When we're kids, each birthday that brings us closer to adulthood feels like a victory because it represents independence and freedom. Adults tend to perceive ageing as no longer enjoyable as their obligations pile up. Retirement refers to the process of leaving one's job or occupation, as well as one's active working life. To some, it connotes relaxation and leisure, whereas to others, it connotes ageing and senescence [1].

A lot of research has been done on how retiring impacts one's mental health. While some academics believe that retirees will be happier and healthier, others disagree. Others argue that retiring does not help mental health and, in fact, may worsen depression. It's a period of adaptation, transformation, and life transition in any case. Erik Erikson created the term "late adulthood" to describe this era of life. Integrity versus despair may be the source of psychological conflict. Adults who are nearing the end of their lives reflect about their lives. Adults, who are fulfilled by their lives, whether through a happy family or a meaningful job, achieve ego integrity, which allows them to confront ageing and death with dignity [2].

If older people don't believe they've led a decent life, they're at risk of being depressed. At first, getting away from the daily grind and a long commute, as well as workplace politics and a demanding boss, can seem like a huge relief. However, many new retirees discover that the novelty of being on "permanent vacation" wears off after a few months. You might miss your job's sense of identity, meaning, and purpose, the structure it provided to your days, or the social side of having coworkers. Nonetheless, some seniors appreciate the benefits of late-life transitions. Depending on the mentality of the aged, events such as retirement can provide an opportunity for rest. It could be an opportunity to spend quality time with friends and family while also contributing to the community.

Common mental health issues during post-retirement phase

Sadness; Depression; Worry and anxiety; Loss of routine; Loss of sense of identity if one previously over identified with employment; Sleep troubles are common mental health issues throughout the post-retirement phase.; Problems with memory; Financial problems and fears; Boredom, rage, and dissatisfaction.

How to be ready and ace the age with grace?

Stay physically active: Keeping yourself physically active will help you stay ahead of physical illnesses and avoid numerous doctor appointments. When you retire, your life may become sedentary all of a sudden. An average adult need at least 150 minutes of physical activity every week. Walking, yoga, stretching, or even weightlifting can help you stay mobile while also providing mental health advantages.

Start over: For most of us, there are things we've always wanted to do but never had the time. When you have spare time on your hands, do things the way you've always dreamed. Investigate travel, social media, and blogging, as well as the possibility of creating a business [3].

Nutrition: At this point, the body requires a higher micronutrient and macronutrient profile. Make sure you get adequate omega-3 fatty acids, proteins, calcium, minerals, and water.

Learn something new: Learning new things is an important part of preventing mental ageing. Staying social and engaging in cognitive activities are the best ways to safeguard your mental health. Adults who are mentally nimble have a lower risk of Alzheimer's disease. Sudoku puzzles, learning new languages, and even trying new cuisines are all fun things to do [4].

Socialize: Man is a sociable mammal that seeks stimulation from interaction with others. Participate in groups, both online and offline, such as NGOs, local networks, religious organisations, and so on.

Acceptance: Resisting change can be stressful. It may take some time to adjust to a new phase. Transition is a natural part of life. Don't be afraid of the change. Accept it and live with it [5].

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Citation: Ashwin K. Post-retirement era: How to ace the age with grace. *J Mental Health Aging*. 2022;6(1):104

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