

Mindfulness for the Retirement Transition

Participant Handout

Key message: Retirement is not simply the end of a career. It is the beginning of a new chapter. Mindfulness can help us navigate this transition with awareness, self-compassion, purpose, and intention.

Common Retirement Transitions

- Changes in routine
- Changes in identity
- Changes in social connection
- Questions about purpose and meaning

Mindfulness Practices

1. Grounding (5-4-3-2-1)

5 things you see • 4 things you feel • 3 things you hear • 2 things you smell • 1 thing you taste or appreciate

2. Values Reflection

Even if my job disappeared tomorrow, the values that would remain important to me are:

3. Self-Compassion

- This is a season of change.
- Many people experience uncertainty during transitions.
- May I be patient with myself.
- May I trust my ability to adapt.

My Mindful Retirement Plan

Mind: _____

Body: _____

Relationships: _____

Purpose: _____

Reflection Questions

- What do I want more of in retirement?
- What can I let go of?
- What quality do I want to carry into this next chapter?
- What is one small step I can take this week?

"You do not have to have retirement figured out. You only need to meet the next step with awareness, kindness, and curiosity."