



Retirement is an exciting chapter in your life!

There is more time to do the things you enjoy, spend time with family and friends, explore different hobbies, and set yourself new, meaningful challenges.

In saying that, any life change that you go through can be unsettling and bring about uncertainty which may impact your mental wellbeing.

Follow these simple steps to look after your mental health for a happy and fulfilling retirement!

How can I get involved?

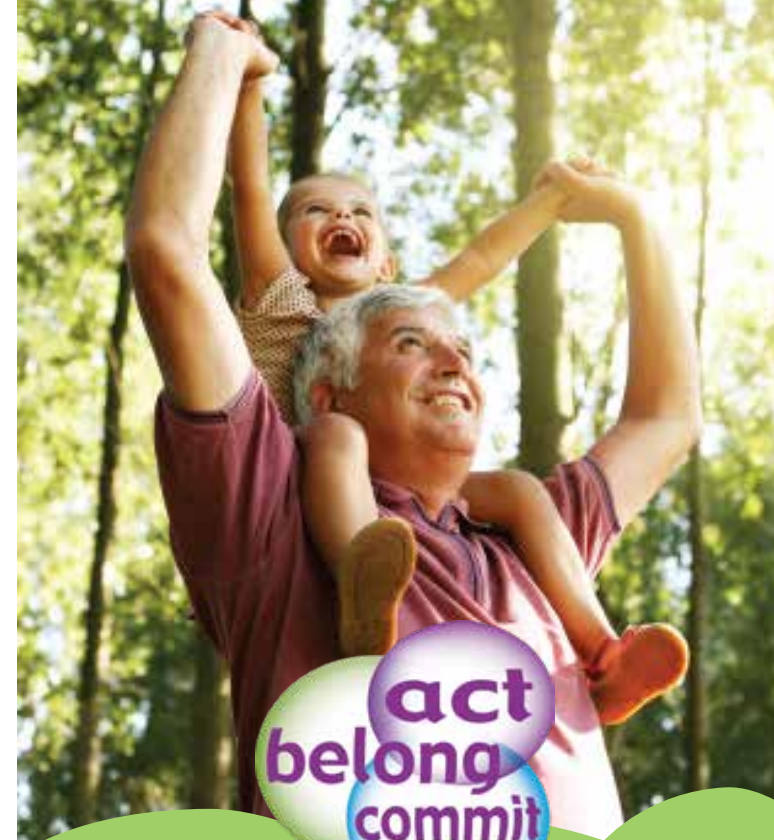
- Search for groups on the Act-Belong-Commit Activity Finder (muswellbrookhealthyandwell.org) or visit our Facebook page Muswellbrook Healthy and Well
- Visit the Upper Hunter Community Services website (uhcs.org.au) to use their local directory
- Search the web and scan your local paper for more information about local groups, activities and events

Useful links:

- Council on the Ageing NSW
cota.org.au/australia - (02) 9286 3860
- Office of Sport
sportandrecreation.nsw.gov.au - 13 13 02
- Hunter Volunteer Centre
hvc.org.au - (02) 4929 4424

Need support?

- MoneySmart
moneysmart.gov.au - 1300 300 630
- My Aged Care
myagedcare.gov.au - 1800 200 422
- Lifeline - 13 11 14
- TransCare Hunter Ltd
enquires@transcare.org.au - (02) 6545 3113



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Muswellbrook
HEALTHY & WELL

A GUIDE FOR RETIREES

Muswellbrook
HEALTHY & WELL



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA



muswellbrookhealthyandwell.org

Keeping mentally healthy is just as important as staying physically healthy, and it's as easy as **A-B-C...**

act

Keep physically, socially, spiritually and mentally active. Being active keeps us alert, energised, in touch with others and lifts our spirits.



- do some gardening
- get to know your neighbours better
- dance a little
- call a friend on the phone
- read books or listen to music
- have a chat down at the shops
- play cards or do a puzzle
- go for a bush walk or ride a bike around your local park



belong

Connecting with people provides you with the opportunity to feel a sense of belonging in the community, make new friendships and talk to others with similar interests.

- spend more time with family and friends
- join an acting or singing group
- explore your local community garden
- sign up at a local sport or recreation club

TIP: Find a buddy to provide support or encouragement when trying a new activity.

commit

Commitment gives us a sense of meaning and purpose in life which increases life satisfaction and resilience.



- learn a new instrument, language or skill
- volunteer in an area that has always interested you
- adopt or foster an animal
- create a home improvement project
- make a financial plan for retirement
- get involved in a community service group such as Rotary or Probus