

STRESS MANAGEMENT WITHOUT WORK

Maintain Calm And Balance In Your Retirement Years

	YES	NO
1 Do you have daily or weekly routines that help you stay grounded and relaxed?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you identified non-work outlets—like hobbies, nature, or movement—that reduce your stress?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you recognize early signs of tension in your body or mood and take steps to manage them?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you practiced breathing exercises, meditation, or mindfulness to calm your mind?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you limit exposure to negative news or digital overload that can increase anxiety?	<input type="checkbox"/>	<input type="checkbox"/>
6 Are you able to express your thoughts or concerns to someone you trust when feeling overwhelmed?	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you explored relaxing environments, such as quiet rooms, gardens, or peaceful outdoor spaces?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you make time for activities that bring you joy and laughter on a regular basis?	<input type="checkbox"/>	<input type="checkbox"/>
9 Have you replaced the structure of work with new goals or meaningful responsibilities?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you committed to trying new techniques that support your emotional resilience in retirement?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: You Are Managing Stress With Strength And Clarity: You've created a sustainable lifestyle that supports your emotional well-being and helps you navigate life's challenges without work as your anchor



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You've developed some healthy strategies, but refining your routine can lead to more consistent peace and resilience.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Without active stress management, retirement can feel unstructured or overwhelming—now is the time to build practices that restore your balance