



RETIREMENT

WHAT IS RETIREMENT ?

Retirement is the withdrawal from one's position or occupation or from one's active working life. A person may also semi-retire by reducing work hours.

Many people choose to retire when they are eligible for private or public **pension** benefits, although some are forced to retire when bodily conditions no longer allow the person to work any longer (by illness or accident) or as a result of legislation concerning their position. In most countries, the idea of retirement is of recent origin, being introduced during the late 19th and early 20th centuries. Previously, low **life expectancy** and the absence of pension arrangements meant that most workers continued to work until death.

Germany was the first country to introduce retirement benefits in 1889

What is the legal retirement age in India?

- 60 years
- The retirement age of government employees is fixed at **60 years**. The judges retire at the age of **65 years**. There is no fixed retirement age for people working in private sector. However, as per Employees Provident Fund (EPF), on attaining **58 years** of age, an EPF member ceases to be a member of PF automatically.

What Does Early Retirement Feel Like? The Positives And Negatives Of Not Working For A Living



The Positives Of Early Retirement

No longer having to commute in traffic feels like heaven.

Lots of free entertainment.

The ability to be present with your kids

You learn to become more self-sufficient.

Better nightlife.

Better friendships.

* Better family relationships

No fear of getting fired.



The Negatives Of Early Retirement

Gets lonely sometimes.

Easy to get lazy.

Potentially less money

Vacations aren't as exciting anymore.

retirement affect marriage





Retired Husband Syndrome

RHS, or Retired Husband Syndrome, is a **stress-related condition** that affects **women** whose husband's have retired, causing symptoms such as **depression** , **stress** agitation and **sleeplessness** While the condition itself is associated with the sudden change in work arrangements, **it is the behaviour of the retired spouse that causes RHS**. Women who suffer from RHS often report that their retired husbands are driving them 'mad' with behaviour such as:

Having unreasonable and increased **expectations with regards to housework** (i.e. 'I was waiting for you to cook me dinner' despite have the free time to do so themselves)

Being **extremely anti-social or rude** (except to others)

Unable to do anything without their wives' approval or needing constant attention

Complaining about everything

Always **being around and not engaging in activites outside** .

By Helping Others,
We Help Ourselves.



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What to do?

- Talk to friends and family about what you are going through. Maybe one person has that nugget of wisdom that just "clicks" with you and you are on your way to a happy retirement.
- Talk to your doctor about your retirement issues, you may need medication to get through this slump in life... especially if you let it go too long.
- Join the **Retirement community** - Just a simple private group for retired folks to chat in. Make new friends!

THINK about where you'd like to be in life -- find new hobbies or new friends, volunteer, work part time -- just don't sit at home in a depressed state.

SHUTTERSTOCK/CONNORNEY



Follow your hobbies



Retiring early is a blessing because our bodies we still have the energy. some inspiration to get up a little earlier, save more money, and take calculated risks to retire early as well. The feeling of being able to do whatever you want is priceless

