

## RETURNING TO WORK AFTER RETIREMENT



**Summary:** Heading back to work after retirement can be a time to try something new that will make you happy and less worried about the fact that you are still working.

The transition from retirement back to work can be difficult and down-right depressing if the return to the working world is out of necessity not desire. If you find yourself heading back to work after a time of relaxation, [use it as an opportunity to have fun](#).

You don't have to return to the same line of work, unless it is something you truly enjoy. Consider some of your passions and hobbies. You may actually find it harder to return to the same job. Trying something new that you are interested in will give you a chance to learn and explore yet still be fulfilled.

Finding the [motivation to work again](#) can be hard when you feel under-appreciated or that your contributions are not meaningful. It is especially hard when you see your peers enjoy retirement the way we are told it should be. If you can remove the mental block to see that work can coexist with learning and play, then you will find enjoyment in work. Motivation may come in the form of knowing that you are helping others and forming a community of support.

Studies show that those that stay actively engaged in a work-like job into their 60's, 70's, 80's and even 90's often outlive those that fully retire early. The definition of retirement has changed from the vision of sitting on a beach every day for the rest of your life to shifting your work expectations so that you continue working less hours or less demanding work.

In a survey done by the Transamerica Center for Retirement Studies, 37 percent of respondents from all ages expect part of their income during retirement to come from working. Most expect to keep working after the age of 65. If you find yourself [at 71 returning to work](#), then don't worry because you are not alone.

Do you plan on working past the golden age of 65? If so, tell us why in the comments below.

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