



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 fulfilling retirement. When you Act Belong Commit, it feels really good!

How can I become more active and connect with others?

- Check out the Act Belong Commit Activity Finder actbelongcommit.org.au to find activities, events and groups in your local area.
- Visit your library or your local Council offices for ideas and activities near you.
- Go to meetup.com to connect with people in your area, in person or online, who share your interests.

Useful Links:

- Council on the Ageing WA - for support on all topics, including physical exercise for seniors.
cotawa.org.au (08) 9472 0104
- Volunteering WA - for countless volunteering opportunities suitable for seniors.
volunteeringwa.org.au (08) 9482 4333
- Seniors Recreation Council of WA - for a range of activities to stay physically and mentally active.
srcwa.asn.au (08) 9492 9775

For more inspiration:

Watch our Storytelling Series 'Words to live by', showcasing how West Australian seniors Act Belong Commit in their daily lives and champion positive mental health.

[Youtube.com/ActBelongCommit](https://www.youtube.com/ActBelongCommit)



Keeping mentally healthy in retirement.

A guide for retirees.



Mentally Healthy WA

actbelongcommit.org.au

Get on the front foot with your mental health with Act Belong Commit.

Act

Keep active in as many ways as you can mentally, physically, socially, spiritually, culturally...

Being active keeps you alert, energised, in touch with others and lifts your 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 bike ride
- Facetime or message your family



Belong

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

- spend more time with family and friends
- join a singing group or book club
- explore your local community garden
- sign up at a local sport or recreation club
- invite neighbours to have a cuppa

TIP: You might like to find a buddy to provide support or encouragement when trying a new activity.

Commit

Be involved in activities that provide meaning and purpose in life.

- 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
- get involved in a community service group such as Rotary or Probus
- teach young children a traditional recipe or game

