

## What Do You Want To Be When You Grow Up?

By Bud Wassell, MS, LPC, CEAP

Most of retirement planning that I've seen focuses on financial planning, but what about planning for what you want to do with the rest of your life. You could have a life of leisure, if that's what you want and if you can afford it. You can also plan to do something meaningful, something that gives you fulfillment, and something that you are passionate about.

According to an article in BenefitNews.com, 58% of baby boomers aged 41-50 are worried that they will have to work either full or part time during retirement and 61% peg "outliving retirement money" as their No. 1 retirement-related fear. And in fact, the workplace may need some of us to continue working as the 78 million baby boomers begin to retire in the next few years.

Many of the soon-to-retire may want to rotate between work and leisure. Interestingly, 56% dream of entirely new careers. How can you turn that dream into reality?

Jim Kalamajka is a living example of designing a retirement life. As he



### "Retire the word retirement from your vocabulary"

is winding down a career for a utility company, he is in the process of getting his sixth year certificate in a post-masters program in Career Counseling. He plans to keep busy helping the many soon-to-retire boomers with the planning process.

Jim points out that a big mistake to avoid is to retire without a plan. He recommends assessing your likes and dislikes and assessing any transferable skills you would want to continue using in the next phase of your life.

A great resource to begin the plan-

ning process on your own is the website, [www.2young2retire.com](http://www.2young2retire.com). A book is also available by the same name. The authors, Marika and Howard Stone recommend four steps to get started:

1. Write your "Dream Job Description"
2. Where in your life are doing part of your dream job?
3. What one step can you take in the next week to explore this more fully?
4. Create a business card for the career or business you've created.

On the website, you'll find the Top Ten Ways To Retire Retirement. The number one way is to "retire the word retirement from your vocabulary. The word 'retire' means to withdraw or retreat. Doesn't 'renaissance' or 'graduation' better describe your post-career life?"

Gail Sheehy's book, *New Passages, Mapping Your Life Across Time* is also excellent for more in-depth reading. Among the many things she

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Call the EAP for *free & confidential* counseling and referral. Family members are welcome.

**1-800-526-3485**

[www.solutions-eap.com](http://www.solutions-eap.com)

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FOR PEOPLE IN THE WORKPLACE

**SOLUTIONS**

# Don't FREEZE UP Under Stress!

**D**o you pride yourself in “never feeling stressed?” Unfortunately, some people deny that extraordinary stress has any effect on them. Some people learned this coping strategy early in life when few other options existed for managing stress. An alcoholic home or a war torn country are examples of environments that may contribute to use of denial as a key coping strategy. Have you experienced nervous system reactions to stress such as a headache or butterflies in your stomach? Imagine extraordinary stress causing your nervous system to keep a hand or even your legs from moving! It has happened to some people. This puzzling experience is called a “conversion reaction.” Anxiety is “converted” into a physical symptom wherein a part of the body refuses to function. If this happens to you, be sure to get medical attention. Ruling out a physical cause is your first step.



If no physical cause is found, consider talking to the EAP to learn more about resources that might benefit you.

## What Do You Want To Be - Continued

writes about are these two concepts:

1. Our brains don't have to atrophy; in fact they can grow with stimulation. It is important for us to become learners again.
2. We need to give ourselves permission to play. And in doing so we will interrupt our everyday predictable experience.

Finally from someone who's been there, Chris Crowley a co-author of the book *Younger Next Year- A guide to living like 50 until you're 80 and beyond*: “If I were to fault my early retired life...I would suggest that I treated retirement as if it were a sabbatical or a long vacation instead of a new life. That's no way to treat a life that's going to last twenty or thirty years”

# EAP???

## Where are the EAP Counselors located?

Solutions has EAP Counselors in 68 locations in Connecticut, and 17 locations in Massachusetts, Vermont and New Hampshire. When you call to see an EAP Counselor, our goal is to connect you with one of our counselors as quickly and conveniently as possible. Since we have so many counseling locations, we are usually able to provide you with a location that is convenient to where you live or work.

We can also access a national network of EAP Counselors if you live in other locations across the country.

## What are the credentials of the EAP Counselors?

The EAP Counselors have at least a master's degree in a behavioral health discipline and are licensed by the state they practice in. They must have significant post-masters experience serving a wide range of populations and be familiar and skilled with a broad range of issues. They are required to have sensitivity to cultural diversity issues. They have excellent assessment skills and a good working knowledge of community resources. They either have direct EAP experience and/or they are highly skilled in brief therapy or solution-focused therapy.

*The most important qualification we look for in our counselors is the ability to listen and to understand your situation so that they can most effectively help you with the assistance you are looking for.*

Remember, your entire EAP experience is confidential.

## Respond To Your Customers

*& Reduce Your Stress!*



### Don't Say

- “I don't know.”
- “No!”
- “That's not my job”
- “That's not my fault.”
- “Go talk to my manager.”
- “You want it WHEN!?”
- “Calm down!”
- Nothing —

### Do Say

- “I'll find out.”
- “What I can do is...”
- “This is who can help you.”
- “Let's see what we can do.”
- “Is there another way I can help?”
- “I will try my best.”
- “I am sorry.”
- “I'll be with you in a moment.”