

## Next Chapter Notes

A Newsletter for those in pre-retirement or retirement

### More Tips about: Living Well in Anxious Times



**T**errible news about war and terrorism can be extremely unsettling, but completely avoiding news is probably not the best solution. To strike a balance, consider these few tips: 1) Schedule—not just prioritize—your self-care practices such as exercise, meditation, and hobbies to help reduce stress and promote mental well-being. 2) Maintain a supportive network of loved ones you can share concerns and process emotions with. 3) Focus on what you can control—your goals, daily activities, and well-being are still important! 4) If anxiety feels overwhelming, speak to a mental health professional or your healthcare provider. 5) There are now free apps *that block other apps* and let you get news or schedule access only at specific times. Some will even block you from tweaking the schedule in case you get the urge to peek!

Learn more: [beeboom.com/app-blocker-apps/](http://beeboom.com/app-blocker-apps/)

### Make Your Medical Visit More Beneficial

**B**ring health questions to your doctor to maximize the benefits of a medical exam. It could save your life. For example, forgetting to mention the curious bump under your arm could be disastrous if it is cancerous. Ask questions about risk given your family's medical history and about genetic tests that can help prevent them. And don't hold back questions you feel squeamish about, like sexual health issues. Go with two copies of your questions/concerns, one for your provider, one for you. It will make your visit more effective for you both. The bottom line—team with your doctor to maximize wellness.



Source: [health.usnews.com](http://health.usnews.com) [search "patients ask questions"]

### Get Help for Complex Grief

**G**rief is a unique experience for everyone. There is no "right amount of time" to navigate grief, but some people do experience prolonged (complex) grief. It can be intense and debilitating. If you are struggling with the inability to move forward in your grief journey, consider professional counseling. There are peaks, valleys, and new horizons in overcoming grief, but taking this step to wellness can help protect your physical and mental health and relationships.



Learn more about complex grief with this resource: [www.abct.org/wp-content/uploads/2021/03/complicated-grief.pdf](http://www.abct.org/wp-content/uploads/2021/03/complicated-grief.pdf)

### Fight Stress with Healthier Eating

**S**ome foods can play a positive role in managing stress. Berries reduce inflammation and oxidative stress in the body. Nuts—including almonds, walnuts, and pistachios—have healthy fats and fiber that can stabilize blood sugar while giving sustained energy. Dark chocolate with more than 70% cocoa may reduce stress hormones and release endorphins, which are natural mood lifters. Yogurt is a probiotic-rich food that supports gut health, which can positively influence mood and reduce stress. Leafy greens—including spinach, kale, and Swiss chard—can help regulate cortisol, a stress hormone, because of their magnesium content, and their folate content may help with mood regulation. Good to know as we approach the holidays!



Learn more by reading "Unshakeable at Work: Build Resilience for Customer Service" by Sue Anderson (2020).

# Prepare Now for Holidays

**N**ovember is a good time to plan support and structure and to brainstorm ideas for coping with stress or loneliness during the holidays. If your company has an EAP, they are there to assist you in addressing the feelings of holiday-related sadness, isolation, anxiety, emptiness, or loneliness that can arise during this season. Other options include contacting a mental health provider or even just talking with a colleague, family member or friend. You don't have to endure these emotions in silence or solitude. While you may witness the joy and enthusiasm of others, the other can understand that your experience might be different. Together, you and a provider, EAP, family friends and others can work on creating a personalized strategy to help you navigate the season, and also empower you to embrace the energy and excitement of the upcoming new year



Learn more: "BREAKING THE BIAS BARRIER: A Guide to Overcoming Unconscious Bias in the Workplace and Beyond" by Anabel Bassey (2023)

# Unplug and Connect with What Matters

**T**echnology devices can get in the way of quality family time. Could a "device-free zone" (or two) be good for your family especially during the holidays? The idea is to have loved ones, especially children, learn to value face-to-face interactions, which are crucial for emotional well-being. If you want to try implementing the concept, here are tips: Start the tradition early to maximize the impact on young children and its value for their developmental psychology as it grows over time. Also, get agreement and commitment from household members to adhere to the rules set for your device-free zone(s).



# How to Get in Touch

**I**f you are interested in exploring your pre-retirement plan, or are struggling with your retirement life now, you can start with an initial 15 to 30-minute consultation with me at no cost to see if what you are looking for and what I can provide are a good fit. You can learn more about my services at my website below. You have several ways to contact me.



**You can go to my website:**  
[www.chrisgombert@chrisgombertretirementcoach.com](mailto:www.chrisgombert@chrisgombertretirementcoach.com).  
**Go to my Contact page on my website:**  
[chrisgombertretirementcoach.com/contact/](http://chrisgombertretirementcoach.com/contact/)  
**You can email me:**  
[chrisg@chrisgombertretirementcoach.com](mailto:chrisg@chrisgombertretirementcoach.com)  
**Call me:**  
 818-692-1934

Helping Individual, Couples and Families with the non-financial side of Retirement and preparing for the **Next Chapter**

# Flip the Script with Positive Self-Talk

**"S**elf-talk" is how we think and reason. It's the inner voice that influences your mindset and actions. The words or scripts it produces are either positive or negative but are often outside our awareness. With practice, you can take control of self-talk messages, steer them to be positive, overcome negative scripts, and make self-talk a superpower. In moments of adversity, ask yourself "Is my self-talk lifting me up right now or dragging me down?" If it's negative, fight the script. Immediately replace a negative script such as "I can't do this" with a positive script like "This is a big challenge, but I have the innate capacity to learn and grow from this experience." Key: Self-talk isn't about denial; it's about embracing challenges, learning from failures, and anticipating positive outcomes. The payoff for a positive self-talk habit is huge—more resilience, improved well-being, and more effective relationships.



# Next Chapter by the Numbers



**I**n an article in "Money Wise "How do you plan to spend your retirement?" some survey results of what older folks are really up to were presented. The survey conducted by the American Time Use Survey (ATUS) included time spent making purchases, watching TV, household activities and personal care. Sarah Brady, the reporter, noted that "retirement can be a time to enjoy family, embrace hobbies, travel the world and pursue personal enrichment, as long as you can afford it. But many older Americans instead spend their days doing something far more sedentary with their free time". This table below is brief summary of the ATUS survey results, showing what people aged 65 and over are doing on a day-to-day basis.

But, there is something missing from the survey results. What's missing is how much time people in retirement are working to be connected to others, being volunteers, engaged in continuous adult learning, finding their new identity and purpose.

Activity	Time
Personal Care	Average 7-9 hours sleep
Watching TV	65-74 4.25 hrs, 75+ 4.79 hrs/ day
Household activities	2.5 hrs/day including cleaning, cooking, yard work and home maintenance
Eating and drinking	1hr 20min/day
Making purchases	45 min/day for goods and services