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Retiring well

Some people spend a lot of time and effort in saving and planning for their financial well-being in retirement. But they may fail to consider other aspects of the quality of their lives.

Retiring well is a questionnaire available on the *Workplace Strategies for Mental Health** site to help you proactively plan for the quality of life you deserve in retirement.

You will be encouraged to reflect on key components of your life, including:

- Relationships and contribution
- Living comfortably
- Recreation
- Health and well-being

*Visit clwsmh.com to access Workplace Strategies for Mental Health free tools and resources

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