

Your Mind Matters


MENTAL HEALTH AND WELLNESS IN THE RETIREMENT YEARS

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A couple is seen from behind, sitting on two folding beach chairs on a sandy beach. They are facing the ocean as the sun sets, with the sun low on the horizon creating a bright, warm glow and long shadows. The sky is filled with soft, white clouds. The overall mood is peaceful and romantic.

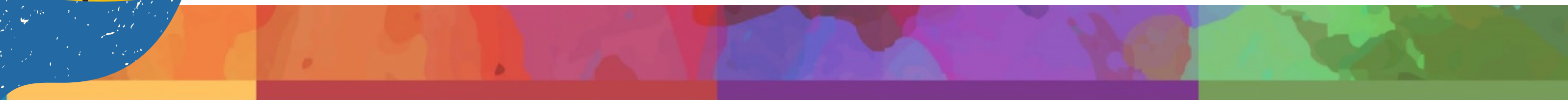
Retirement.

What if it's not all sandy beaches and sunsets?

What helps?



- Working toward well-being
- The pursuit of happiness



Did you know:

- Research shows that people who have healthy lifestyles not only live longer but also have better cognitive abilities and fewer health problems and disabilities than those who do not have healthy lifestyles.
- Those who are healthier as they age enjoy a better quality of life, with greater independence and ability to engage in the activities they enjoy.
- People with good social relationships tend to be healthier.
- People with a conscientious and flexible personality tend to be healthier.
- Consumers who are informed about their medical options receive better health care.
- Preventive health screenings, such as annual visits to a physician, are especially important for people with genetic or family predispositions to illness.





Sources:

https://www.nber.org/system/files/working_papers/w12123/w12123.pdf

<https://www.apa.org/monitor/2014/01/retiring-minds>