



SELF CARE IN RETIREMENT

PRESENTED BY
CHICAGO FIRE DEPARTMENT
EMPLOYEE ASSISTANCE PROGRAM

EIGHT DIMENSIONS OF WELLNESS



SEEK SUPPORT to help navigate this transition

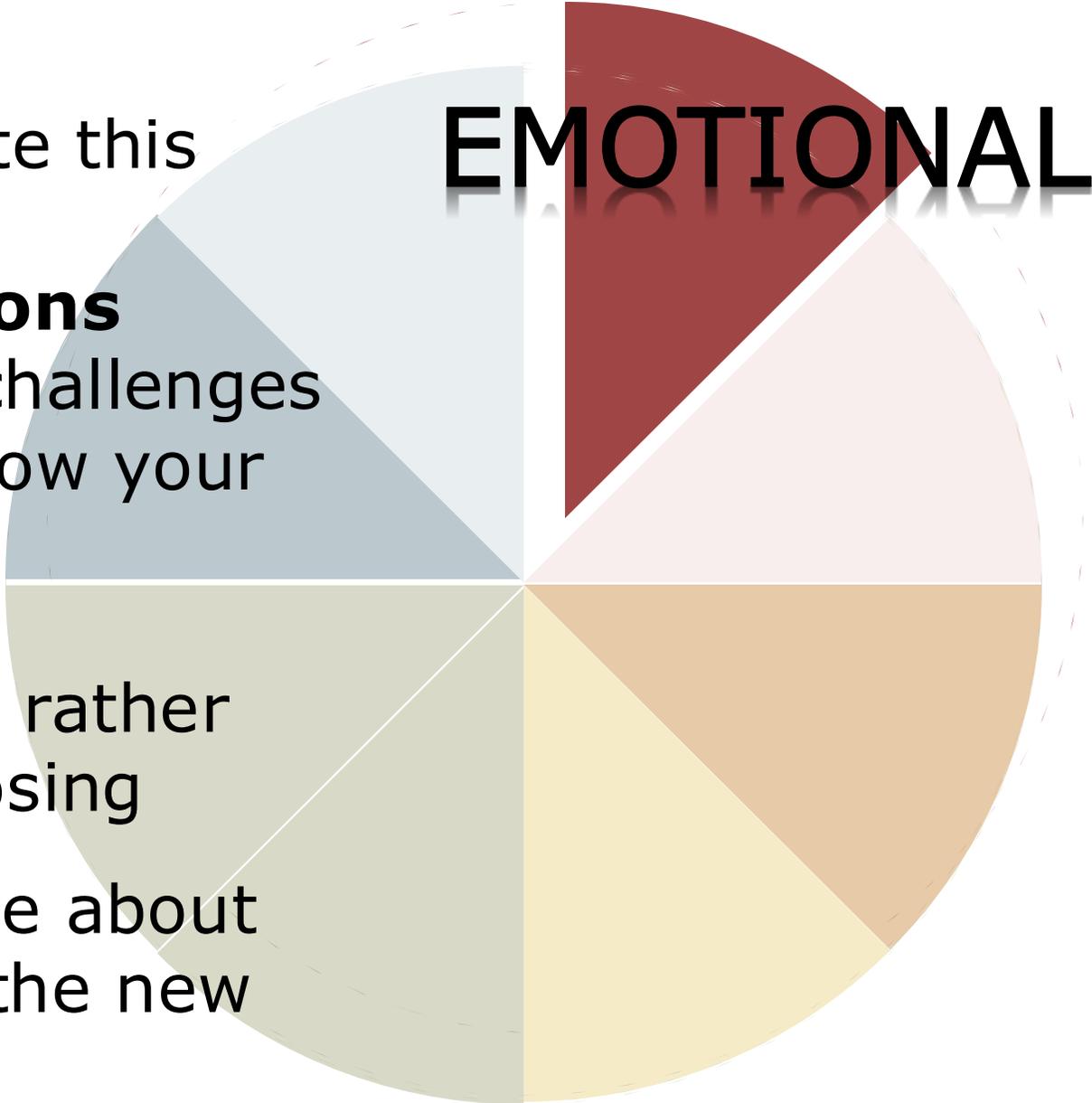
- **Acknowledge your emotions**

Retirement can bring on new challenges and opportunities, recognize how your feelings may be affecting you

- **EMBRACE CHANGE!**

Focus on what you are gaining rather than what you think you are losing

Accept what you cannot change about your retirement and embrace the new opportunities



EMOTIONAL

Finding meaning and purpose in life through faith, beliefs, or values

- **REDEFINE YOUR IDENTITY**

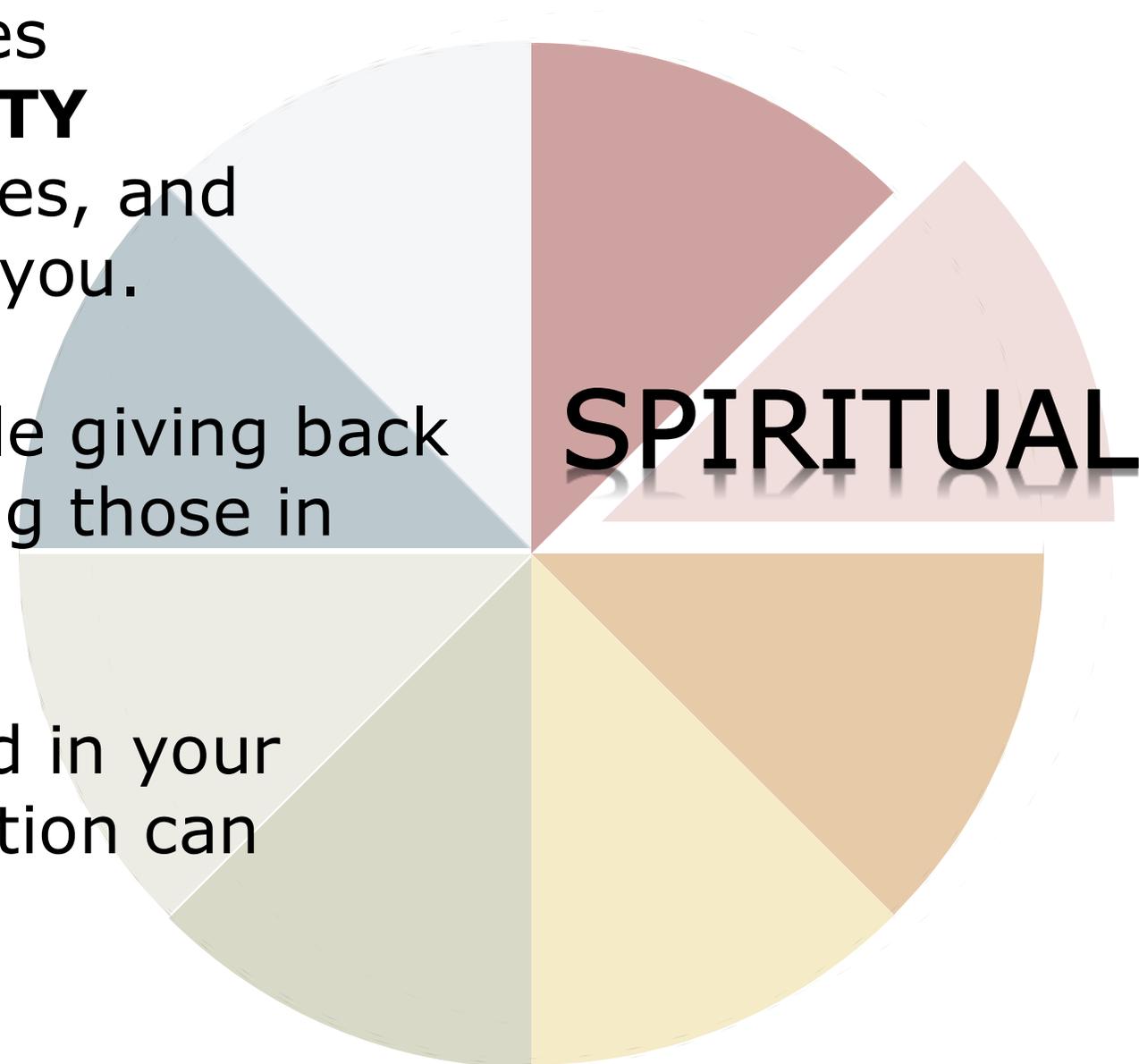
Discover what values, principles, and beliefs are most important to you.

- **VOLUNTEER**

Sense of accomplishment while giving back to your community and helping those in need.

- **Be a Mentor**

Share the skills you've learned in your profession so the next generation can improve on itself.



Lifelong learning can keep your mind sharp and engaged

- **STIMULATE YOUR MIND**

Learn a new skill, recognizing creative abilities

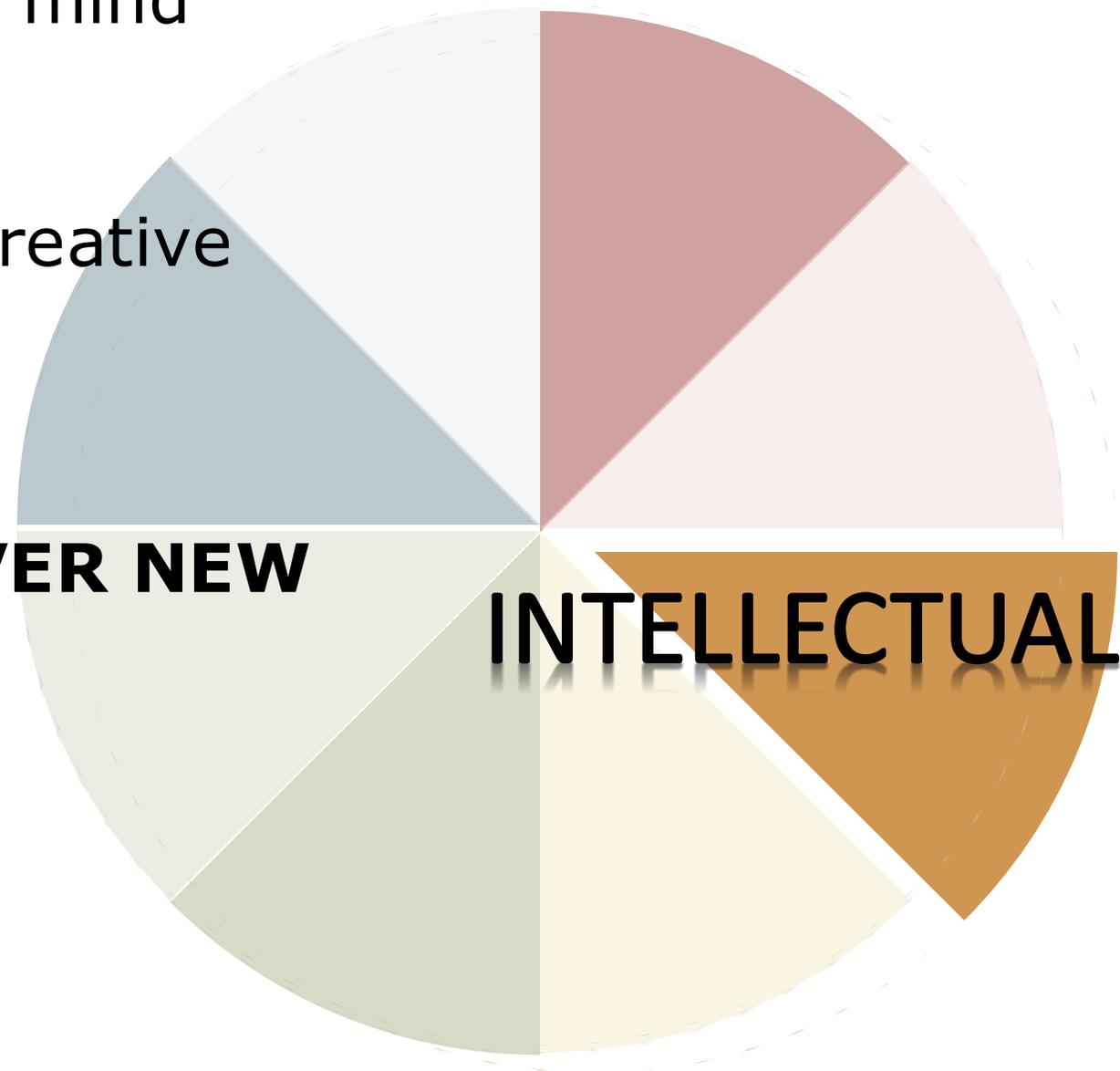
Play an instrument

Learn a new language

- **ENJOY HOBBIES & DISCOVER NEW INTERESTS**

Read a book series

Visit new places



Prioritize your physical health to ensure you can enjoy your retirement years

- **STAY ACTIVE**

Take the stairs, join a fitness center, adopt a pet

- **MAINTAIN A HEALTHY DIET**

Make mindful food choices

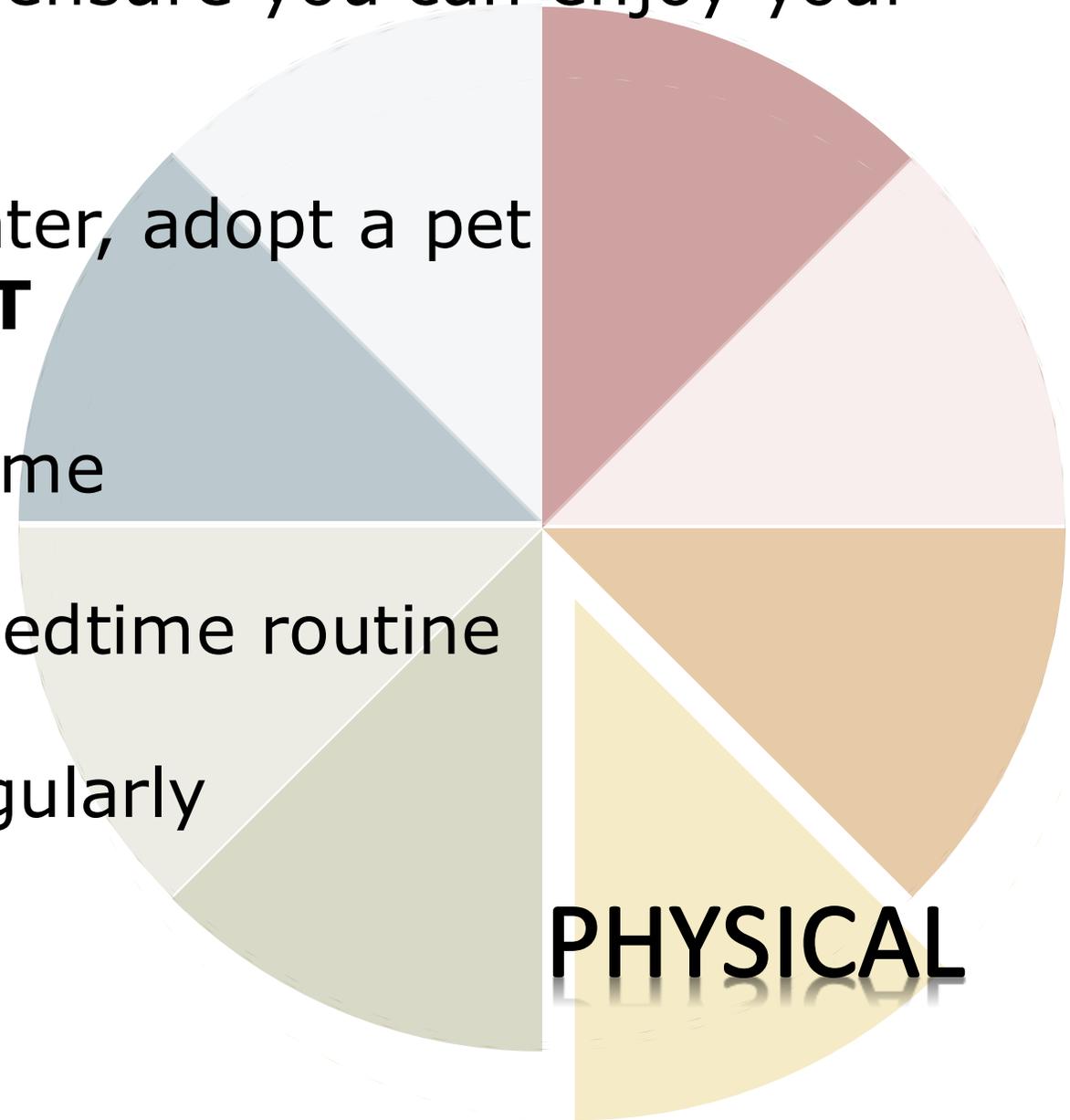
Prepare & cook your meals at home

- **SUFFICIENT SLEEP**

Get enough sleep & maintain a bedtime routine

- **LISTEN TO YOUR BODY**

See your primary care doctor regularly





Retire to a place that suits your needs and interests,
and ensure your home is safe and comfortable

- **CLEAN AND ORGANIZED**

Clean and organize your living space to reduce anxiety
and increase comfort.

- **APPRECIATE NATURE**

Take care of the environment –reduce, reuse, recycle
Take a walk

ENVIRONMENTAL

Retirement planning is crucial.

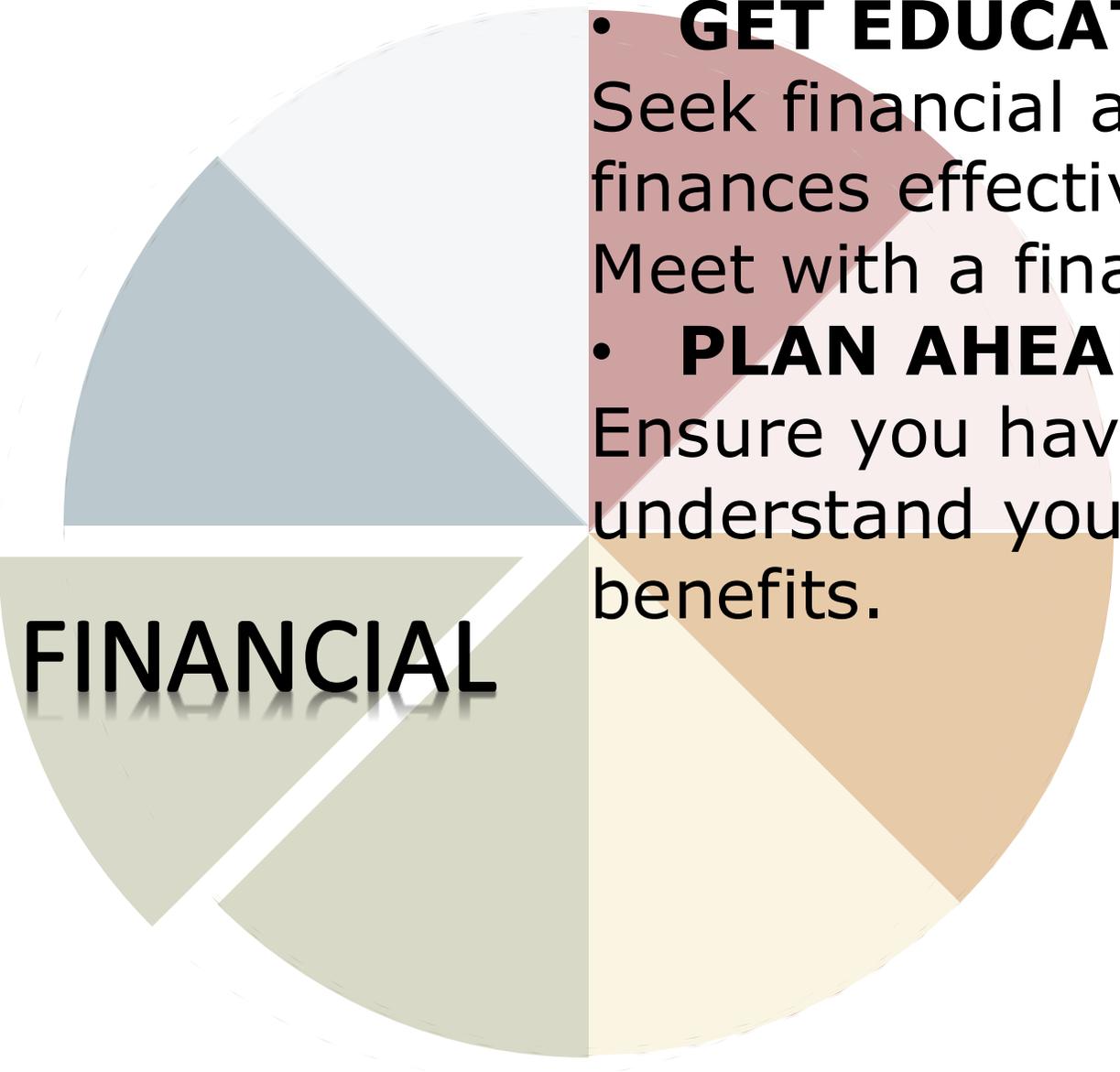
- **GET EDUCATED**

Seek financial advice to manage your finances effectively

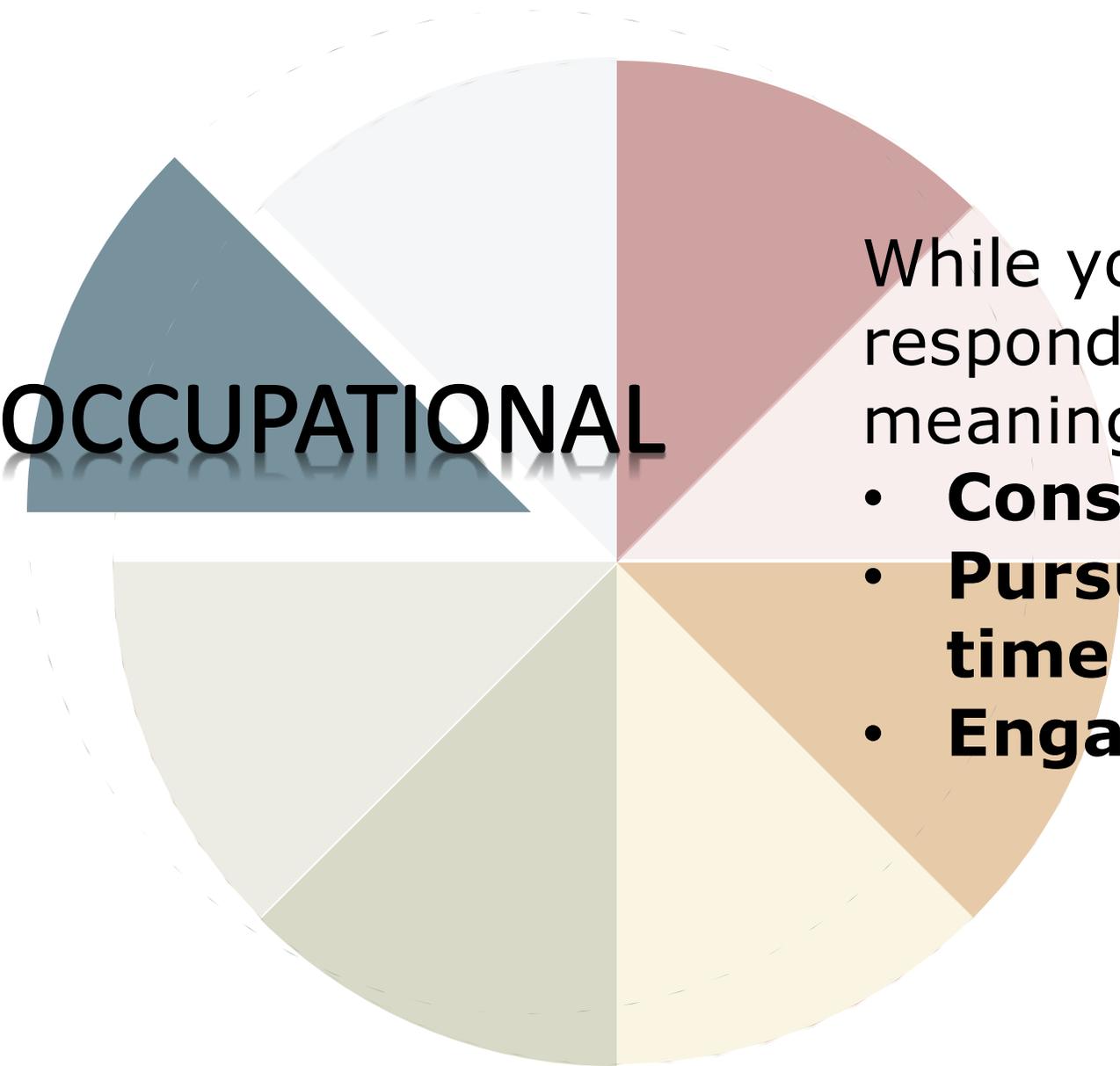
Meet with a financial planner

- **PLAN AHEAD**

Ensure you have adequate savings and understand your pension or retirement benefits.



FINANCIAL



OCCUPATIONAL

While you no longer work as a first responder, you can find purpose and meaning in other activities.

- **Consider volunteering**
- **Pursuing a new career or part-time**
- **Engage in activities you enjoy**



SOCIAL

Developing a sense of connection & belonging, and a well-developed support system

- **IDENTIFY YOUR SUPPORT SYSTEM**

Make a list of family, friends, and peers you trust.

- **STAY CONNECTED**

Maintain regular phone calls and meet-ups with people.

- **HAVE SOME FUN!**

Join a club, social group, or peer support (state, CFD, Local 2).



FIRESTRONG WEBSITE
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WWW.FIRESTRONG.ORG

USERNAME: CHICAGO911
PASSWORD: CHICAGOFIRE



BACK FROM LEFT:
TORRANCE WADE, LCPC
MADA LEANGA, LCPC

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EMPLOYEE ASSISTANCE PROGRAM**

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