

## **To Every Thing There is a Season**

Congratulations to all our 2012 retirees. You will be remembered for the things that you accomplished here. You have made a powerful impact on the lives of your colleagues and the students of this county.

Retirement cannot be defined the same for all people. Major life changes, even when they are positive, can cause stress. Emotional ups and downs for retirees as well as those who are remaining can be overwhelming. Feelings of envy, resentment or loss may be mixed with happiness, excitement and hope. In many cases supervisors and remaining employees may feel increased uncertainty or fear of being overloaded with new or additional work responsibilities. On the other hand, talk of hiring a replacement might create a feeling of being unneeded and unwanted. Finding new ways to feel needed and valuable is part of the challenge of retirement. For many our professional work has been primary to our self-esteem.

For employees who are continuing to work, how you interpret and perceive events is important, so beware of negative self-talk. Focus on what you can control which is your ATTITUDE! Developing a positive attitude toward change will help you prepare for uncertainty and adapt to coming alterations.

We would like to salute the retirees and thank you for all your hard work in education. Thinking about your next phase of life may be filled with mixed emotions. You will be missed and may miss your coworkers. It is sad to say goodbye to those dear friends and colleagues as we all begin a new chapter in our lives.

For those of us who will continue at our professions as well as those who may be worried about managing retirement, counseling is available by calling the EASE Office at 1-800-882-1341.



***“Strength is the courage...to reach out!”***