

**Published on *VirginiaNavigator* (<https://virginiannavigator.org>)**

## **Blaze A Trail To Reinvention**

Today, older Americans are living longer and more healthfully than ever before. What does this mean for our notions of life after a career? Many retirees are finding new inspiration in second careers, helping others, discovering new interests, and pursuing dreams. Reinventing yourself can be fun and rewarding. Even better: it is also good for your mental and physical well-being.

Whether you are planning for retirement or simply looking to get involved in new activities, start by thinking about your skills, dreams, and passions.

### **Follow Your Passion, Use Your Skills**

**Careers after retirement can be rewarding, personally and financially.** First, determine whether you have the skills needed for a new venture. If so, update your resume and start looking at job posts. If not, seek out classes and training—online or at a local college. Remember to ask whether financial assistance is available.

**Express yourself through the arts.** Learn to paint or draw, dust off those dancing shoes, or put your musical talent to use. Take a class in stand-up comedy or acting, or finally write that story. Even if you never felt artistic, everyone has the ability to be creative. As a bonus, studies show that the arts can improve brain health.

**Keep learning and growing!** Learn a new language or take a computer class. Or, maybe you have always wanted to travel and discover other cultures. No matter what you choose, pursuing a new interest will help keep you happy, healthy, and connected.

**Consider using your years of experience to serve others.** Volunteers meet a range of community needs, from mentoring at-risk youth to providing job training to helping families recover from disasters. Find opportunities at <https://www.nationalservice.gov/serve> or by visiting a local organization or charity.

### **The Benefits:**

- Helps keep your mind active
- Helps maintain physical health
- Provides structure and routine
- Connects you with the community
- Promotes social activities
- Helps prevent isolation
- Provides income in some cases

**Tip: Need Help Deciding What to do?**

Connect with your local senior center, community college, or library to find programs in your community.

Article Source

Administration for Community Living

Source URL

<https://acl.gov>

Last Reviewed

Monday, March 8, 2021