

Jobs During Retirement

Many people who have retired don't want to remain idle because they feel they are physically capable as before. Initially, you may prefer to get some much-deserved rest, travel, visit places you've always wanted to see, but eventually you will get bored. You've worked over 35 years, a sizable portion of your life, hence staying idle isn't natural. You'll end up feeling worthless, a nobody unlike that somebody you once were. You may also find that you deteriorate physically faster after retirement than other retirees who have a job or activity after retirement.

At this juncture, readers who are in their fifties should start looking further down the horizon to see what activities you may take up after they retire. A hobby or part-time job that pays, a job that's not stressful, a job that doesn't require an early commute or late return, a job that could be conducted at your home office, are all attractive choices. You may wake up late, take midday naps, or rest whenever needed. No KPI or Key Performance Indicators to worry about. It's time for you to enjoy life.

For those of you who have already retired or have friends, parents, or peers who have reached retirement and beginning to feel lonely and depressed, you may wish to gradually advise them of various ways they can spend their retired life. Ask them to try. Some may be enjoyable; some won't. A bit of tact would help as well. Try to propose some of these below:

1. **Visit the temple.** Use tactics such as convincing male acquaintances that like beautiful subjects that heaven is filled with beautiful angels. It'll incentivise them to go and absorb religious teachings and activities. Some temples or religious centers may have charming nuns or pretty participants. If you have sons, you may emphasize these points. It'll make them encouraged to attend religious teachers and activities. In the areas of health, alternative medicine has adopted meditation as a means of increasing one's immunity against illnesses. It promotes longevity. A peaceful mind achieves an indescribable amount of happiness; something that one needs to experience by oneself. Convince them of potential benefits and happiness during their golden years, an accumulation of good deeds beneficial in their afterlife. Material wealth accumulated on earth is only applicable here. Once deceased, none of the material wealth can be taken with you, unlike good deeds. They should be convinced to relinquish any attachment to material wealth to focus on happiness that is more lasting. Use such arguments to convince them. Or you may apply some of these to yourself; ultimately, you reap the benefits.
2. **Escort grandchildren on commutes.** Retirees should be shown that they are still valued and capable of helping out with family chores. Or retirees themselves may also volunteer to do this.
3. **Travel** on either domestic trips or abroad. It's a good idea to check weather conditions at destination before embarking on trips. Trips should also be appropriate for the elderly, not jungle hiking trips, white water rafting, mountain climbing, zip-line activities, etc. since the elderly are no longer physically fit and bone fractures must be avoided.
4. **Writing.** Retirees may wish to write their own biography or past experience, perhaps about their childhood, working career, success, failures, short stories or just opinion articles on various issues. The retirement period is well-suited for such writing. Writing

on individual subjects which are negative in nature, even if true stories, are best written by using fictitious names or you may receive unwanted threats on your life or lawsuits. Writing which inflicts damage on other individuals or their relatives should be carefully assessed first as this may attract revenge on you. Best to avoid such situations.

5. **Business advisors or company management.** Such jobs require work experience and expertise. Most of these jobs are worthwhile. It is a good idea to start identifying prospective clients before you actually retire. Such jobs may earn you income for quite some time, and likely to earn 6-figure monthly salaries for you during your retirement. You may not even need to tap your savings or retirement lump sum money to cover your expenses. Consulting work usually isn't stressful, since your role is to provide advice. The decision rests on the client. You are not running the business yourself or exerting authority over management. You shouldn't find yourself taking up the same role you did before you retire. There will be too much stress which could take a toll on your physical health in the long run.
6. **Writer, columnist.** If this was previously a part-time job before your retirement, it may be turned into a full-time job post-retirement. However, without prior writing experience, this may be difficult to start.
7. **Lecturer, academic, teacher.** These are also attractive jobs which are not stressful, while earning income to help cover cost of living.
8. **Speaker, course instructor.** These activities are similar to item 7 above, but pay is much higher. The job isn't stressful. A good speaker may command a 6-digit salary each month during retirement.
9. **Botanist.** A previous hobby in landscaping and garden design or working with plants, may be turned into a viable occupation during retirement as well.
10. **Stock investor.** Competency with investing and a risk-taker may mean you could be suited to spend time as a stock investor during retirement. However, ensure that you have sufficient knowledge about investing in stocks, otherwise your savings could suffer significant losses. One should preferably invest in income stocks that pay regular dividends.
11. **Earn rental** on a condo
12. **Sell food, snacks, fruit juices**
13. **Art, drawing**
14. **Tour guide**
15. **Broker**
16. **Direct sales**
17. **Sewing garments, knitting**

18. **Farming.** This occupation requires previous experience and is an activity that can be rather strenuous. It is certainly not appropriate for those who used to work in an office. It also requires being in the sun. If you have never done agricultural work before, starting now during retirement seems too late and unlikely to be achievable. It's best for those who had a part time activity in agriculture prior to retirement.

19. **Community radio host** or even a major radio station.

Take advantage of opportunities that may arise to allow you to do some of the aforementioned jobs and roles. Be mindful not to burden yourself on relatives and others; be helpful to others without hesitating; perhaps take the initiative. Maintain a sense of community, be open-minded and respect other people's ideas and opinions. Keep conversations positive and constructive. Never hesitate to say "sorry" or "thank you" often. Your retirement will be a happy one.

Source: Professor Mongkol Kritthithayawuthi