

LET'S GET HAPPY ...

*This Thursday May 15th psychologist Sara Yogev will join us to talk about her book, **A Couple's Guide to Happy Retirement**.*

What you'll also learn on this call is how building a "team at home" earlier in your relationship will help with these kinds of life transitions later.

Here's an excerpt from an interview with Sara Yogev that brings this point home.

Next Avenue: What is the biggest mistake couples make when it comes to preparing for retirement?

Yogev: Couples often neglect to prepare themselves psychologically. Retirement changes the dynamics of couples the same way the birth of first child changes the marital dynamic. Even couples who have had good relations over the years often are not prepared to give each other enough space and time and decide what it is they want to do together and don't want to do together.

Next Avenue: What do you recommend couples do to make the transition to retirement smoother?

Yogev: I always encourage both spouses to take time and think about what he or she wants to do. Then exchange that information, try to help each other and be willing to compromise.

[Click here](#) to read the full interview. Read on to see her recommendations for creating a happier retirement ... you'll also see how they are great ideas for creating a "team at home" at any point in time.

We've also included an excerpt from a book that helps underscore why sometimes "fighting the good fight" is the best way to create this team at home.

Happy spring and happy team building!
Jessica and the ThirdPath Team

Learning to fight the good fight ...

Perhaps one of the greatest skills Shared Care parents develop is the ability to "fight the good fight" ...

We can see this in Kristin Maschka's book, *This is Not How I Thought It Would Be*. In it she describes the difficult but powerful steps she and her husband took to create a work family solution what would feel more satisfying to both of them.

Kristin explains,

"At different times, we each took risks - sticking our necks out to make ourselves heard. We learned that an argument or conversation didn't have to result in an answer that moment, as long as we returned to the thread eventually. We learned a five-minute blowup in the kitchen might lead two days later to a deeper conversation late at night. We learned that sometimes whatever was making us feel stuck wouldn't surface unless the discussion got intense and heated, and we learned that our relationship was strong enough to handle that risk.

"In fact, we learned the path of least resistance would continue to take us away from what we really wanted. So we learned we had to keep on taking risks."

Bottom line, you don't need to wait until retirement to figure out how to create a sense of teamwork at home. But once you learn how to do this, you will be able to rely on this stance to stay on course as you navigate future challenges.

Or as Brigid Schulte said in a [recent interview](#): "More than any other time management tool, sharing the physical and mental load at home, has done more to clear the clutter in my mind, connect me with my family in a joyful and fun way, and free my time than anything else."

[Click here](#) for a list of books about Shared Care, or [click here](#) to learn more about our **Work Family Options workbook**.

Learning to parent as a team develops skills for a lifetime

The ability to create a shared vision and work as a team when caring for children is not only great for families, it also helps navigate changes later in life.

Here are 10 ideas Dr Yogev recommends for navigating a happier retirement. They also happen to be great suggestions for creating a more satisfying approach to balancing work and family.

Share expectations - Take time to talk about what you both are expecting.

Address your relationship with money - Get a sense of your "money style" - are you a spender or saver? Doing this helps you develop a common financial plan even if your styles are different.

Prepare for mixed feelings - With every big transition, it's good to remember there will be some things we like, and some things we find more challenging.

Address issues as they surface - When problems arise, avoid the temptation to sweep things under the rug.

Custom design your days, weeks, months - Use a calendar to make sure both of your needs are being met and don't over schedule.

Celebrate your body - Dr. Yogev also reminds us, getting into a routine of exercise and eating right is something that will benefit us across the lifecycle.

Celebrate your sexuality - Just like creating healthy routines around exercise and eating, couples also benefit from investing in their relationship with each other at every life stage.

Dr Yogev also discusses how retirement means you need to **"say good-bye to work."** However, she first encourages couples to try working shorter days, or shorter weeks as a way to transition into this change - something Shared Care parents have likely had lots of experience with!

This change in paid work means couples need to learn how to **"give each other physical and emotional space"** - becoming more intentional about carving out time to be together *and* apart.

Lastly she recommends retired couples **"stay mentally active"** - clearly the long term multidimensional lives Shared Care parents craft helps them get a head start on this as well.

Whether phasing into retirement, or balancing work and family - this list reminds us that couples will gain a lifetime of benefits by taking steps to work as a team to meet their own needs and their needs as a couple.