

# How It Is Important to Take Up Work Even After Retirement - Aug 18 Age 70

*Retirement does not mean stopping meaningful activity. I run a small handicraft business with guidance from my daughter Gauri and my grandchildren often help with minor tasks. Staying engaged provides mental stimulation, purpose, and joy.*

By dinesh | August 22, 2025



Retirement does not mean stopping meaningful activity. I run a small handicraft business with guidance from my daughter Gauri and my grandchildren often help with minor tasks. Staying engaged provides mental stimulation, purpose, and joy.

Work after retirement need not be stressful. It can be flexible, creative, and deeply fulfilling. Preparing handmade gifts, organizing workshops, or mentoring young artisans keeps me active and socially connected.

Remaining productive improves mood, maintains cognitive health, and reduces feelings of loneliness. It also teaches younger family members about responsibility and creativity. Purposeful work is essential for healthy aging.

Engaging in meaningful activity has made me more energetic, confident, and happy. I encourage