

Plan your encore career

[Encore careers](#) are becoming increasingly popular, especially within the baby boomer generation. After a stress laden career, baby boomers are often not quite ready to retire completely, so find a way to continue earning money doing something they enjoy. An encore career is usually something totally different from the original career. This change of focus to something more enjoyable and relaxing can be exhilarating and healthy for active baby boomers.



So, if you have been working for years in the same career or same type of job, consider a stress-free encore career. If you can collect a partial pension or severance package when you leave the old job, all the better. Find something you are good at that people are willing to pay money for, and start your own business. It does not have to be a large business and is easier than you think. You will be amazed at the improvement in both your physical and mental health.