

## **Making the Most of Your Retirement: Enjoying sex after 55!**

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Children have left the home, careers have been created and established, work is finally slowing down. Retirement is a wonderful time to enjoy the benefits of your life's hard work. Rekindling your sexual relationship can be an added benefit to the changes that life bestows in later years.

While the general public pays little attention to sexuality in later years, sex has no "best before date" and can be enjoyed by individuals throughout their lifespan. It is a myth to believe that after menopause, couples cease their sexual activities. In fact, it is often after retirement that partners have increased time to spend enjoying each other and their sexual experiences.

Unfortunately, for some, sexual dissatisfaction can occur. Addressing sexual difficulties takes courage but can be a positive way to re-establish intimacy within your relationship. At any age, seeking pleasurable sexual intimacy remains a worthwhile goal.

### **Here are some tips to increase your sexual enjoyment and sexual desire:**

1. **Don't believe the myths that surround sex and aging.** While some physiological processes slow over time, sexual enjoyment does not diminish. In fact, taking more time to relax and enjoy sexual activity during retirement can enhance the sexual pleasure of both partners.
2. **Take the time to discuss sexual activities, sexual expectations and sexual interests.** It is possible that your partner would like to explore different sexual activities. Honest communication about your sexual interests is one way to foster positive communication with your partner.
3. **Set the mood.** Enjoying an activity together, going for a walk, listening to music, exercising together or sharing a good meal are some examples of activities that can enhance elements of romance. You have the extra time together, take full advantage of it!
4. **Resolve conflicts and relationship dissatisfaction.** Resolving conflicts in a way that satisfies both you and your partner is important. Establishing positive interactions and enhancing mutual appreciation within your relationship is the goal. Maintaining positive feelings about your partner will likely increase your interest in pursuing an active sexual relationship.
5. **Maintain your physical fitness over your lifespan.** Engaging in low impact exercise as well strength training will assist you in maintaining your physical health as well as your sexual activities throughout your lifetime.