

Recovery from work

When you are properly recovered from work you have the energy to participate in other things, to be alert, creative and easily inspired. Recovery from work is important in terms of work ability, health and well-being. It is important that you ensure recovery every day, both at work and during leisure time. Poor recovery leads to a build-up of strain, which in turn makes you vulnerable to illnesses.

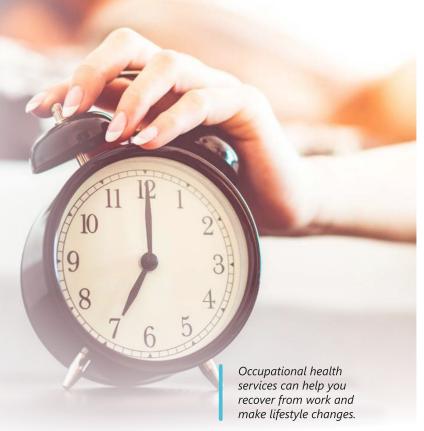
Creating a health promotion plan helps you find suitable ways to recover from work together.

TIPS FOR WORKPLACES: Which of the following are already in use at your workplace? What next?

An efficient day contains sufficient breaks.	We think together about how we can ease work strain
At my workplace, my colleagues and I take coffee and food breaks together.	We mark down in our calendars working times that require concentration. During these periods, we avoic interrupting each other.
During breaks we talk about things that put us in a good mood.	At my workplace we minimize unnecessary distractions.
We take breaks from work in the form of short walks, for example, or think about how we've succeeded in work tasks. Even a short break in the middle of a demanding task can help concentration.	We ask for and provide each other with support in work-related matters. We do demanding tasks together.
We pay attention to how demanding and strenuous work is.	My workplace promotes exercise and healthy nutrition.
We discuss how to prioritize, organize and possibly limit work tasks.	At my workplace, we do concentration exercises or relax before demanding work tasks.

Do you recover from work strain?

Mental well-being and healthy lifestyle habits promote recovery from work. Get enough good quality sleep, eat healthily and regularly, and stop thinking about work-related matters in your leisure time. Relax, and do things you enjoy. Remember to also focus on your personal relationships.



DO YOU RECOVER FROM WORK EVERY DAY? What do you already do? What next?

I take breaks during my work.	☐ I have a suitable balance of social relationships and
	my own peace and quiet, both at work and during
I remind myself to focus on one thing at a time. This	leisure time.
means I complete my tasks properly.	tersure time.
means reomplete my tasks property.	☐ I make sure that I hold on to the things that are
I recognize what kind of recovery my work requires.	important to me and promote my recovery. These
	may be, for example, meeting friends, hobbies,
I make sure that I eat during the working day. I eat	or a good book or movie.
healthy, balanced, regular meals.	or a good book or movic.
reducity, butaneed, regular medis.	I relax without alcohol.
I regularly evaluate whether I recover enough	
between working days. I ask myself how I am.	I exercise outdoors and take part in different forms
	of exercise several times a week. A good level of
I put aside enough hours for rest, work and leisure	physical fitness helps you endure strain and
time.	promotes recovery from all types of work.
*****	F
I moderate my workload	I manage stress using healthy methods, for example,
,	enjoyable hobbies or exercise.
I separate work and leisure time from each other. In	, ,
my leisure time I stop thinking about work-related	☐ I get enough good quality sleep.
matters and do relaxing things.	



