



Finnish Institute of
Occupational Health

Recovery

OFF WE GO! HEALTH AT WORKPLACES - LIST OF TIPS

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?

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| <input type="checkbox"/> An efficient day contains sufficient breaks. | <input type="checkbox"/> We think together about how we can ease work strain. |
| <input type="checkbox"/> At my workplace, my colleagues and I take coffee and food breaks together. | <input type="checkbox"/> We mark down in our calendars working times that require concentration. During these periods, we avoid interrupting each other. |
| <input type="checkbox"/> During breaks we talk about things that put us in a good mood. | <input type="checkbox"/> At my workplace we minimize unnecessary distractions. |
| <input type="checkbox"/> 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. | <input type="checkbox"/> We ask for and provide each other with support in work-related matters. We do demanding tasks together. |
| <input type="checkbox"/> We pay attention to how demanding and strenuous work is. | <input type="checkbox"/> My workplace promotes exercise and healthy nutrition. |
| <input type="checkbox"/> We discuss how to prioritize, organize and possibly limit work tasks. | <input type="checkbox"/> 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.



Occupational health services can help you recover from work and make lifestyle changes.

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

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