WORKSHEET 100 · FOR THE PSYCHOLOGIST

Switching off after work

The four ways of recovering

AIM

Help the person develop the four recovery experiences described by research: psychological detachment from work, relaxation, mastery activities (learning, taking on a challenge) and control over free time.

WHO IT IS FOR

Difficulty switching off, thoughts about work in the evening, working from home, exhaustion.

DURATION

15 min in session; follow-up over two weeks

HOW TO RUN IT

1. Introduce the four ways of recovering.
2. Rate each one for the person (0-10).
3. Choose concrete actions: an end-of-day ritual, notifications off, an absorbing activity, chosen time.
4. Track the effect on tiredness and sleep.

POINTS TO WATCH

> Switching off is hard when the workload is excessive: recovery cannot compensate for work that is too heavy in the long run.

REFERENCES

Sonnentag, S. & Fritz, C. (2007). The Recovery Experience Questionnaire: Development and validation of a measure for assessing recuperation and unwinding from work. Journal of Occupational Health Psychology, 12(3), 204-221.

PSYCHOLOGIST'S NOTES

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WORKSHEET 100 · WORKSHEET TO HAND OUT

Switching off after work

Recovering isn't just stopping: it is also switching off mentally from work. Research describes four ways of recovering. See which ones you are missing.

1. Detaching: no longer thinking about work (an end-of-day ritual, notifications off).
2. Relaxing: a calm activity (a bath, a slow walk, music).
3. Learning or taking on a challenge unrelated to work (sport, cooking, an instrument).
4. Choosing for myself what I do with my free time.

Day	My end-of-day ritual	Did I think about work in the evening? /10	Tiredness the next day /10

Which way of recovering am I missing most?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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