



# RECOVERY ACTIVITIES ACROSS DIFFERENT TEMPORAL SETTINGS

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# Background

- Recovery can take place in various temporal settings
  - Lunch breaks
  - Free evenings
  - Weekends
  - Vacations
- How are different temporal recovery settings interconnected?
- COR:
  - Restoring activities result in a resource gain
  - Gained resources facilitate engaging in recovering activities

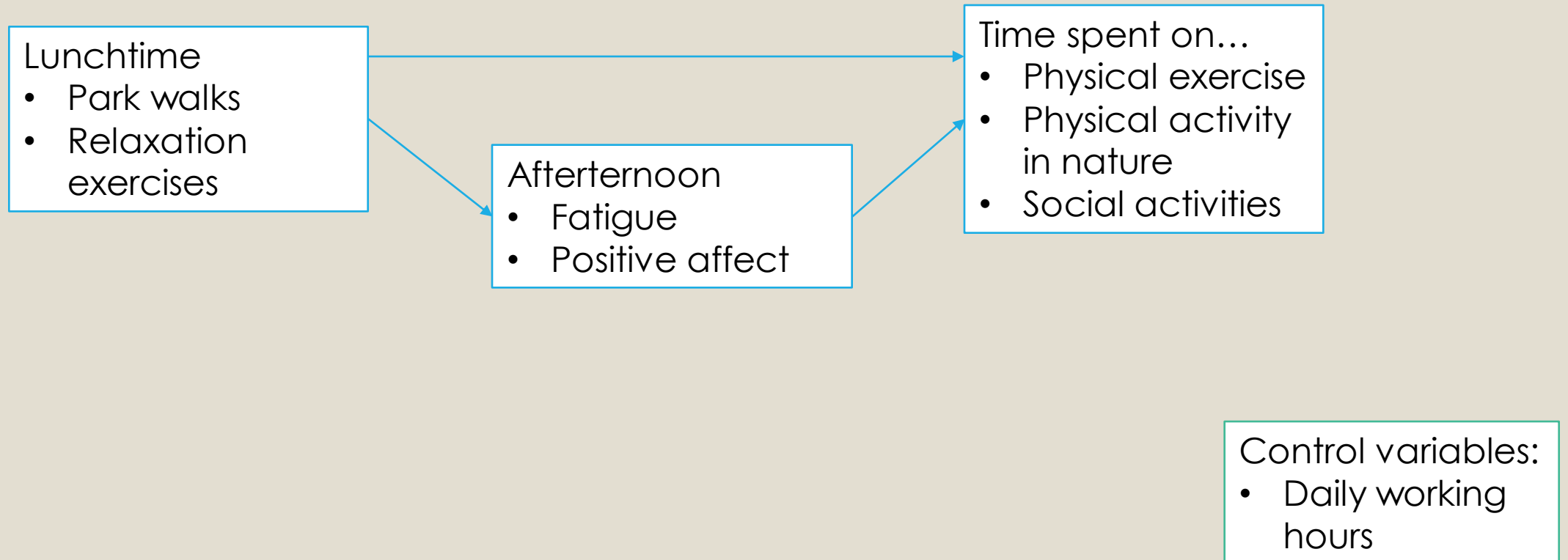
# Lunchtime intervention

- Park walk
  - Slow, low-intensity pace, meditative walk
- Relaxation
  - Deep breathing, progressive muscle relaxation, acceptance

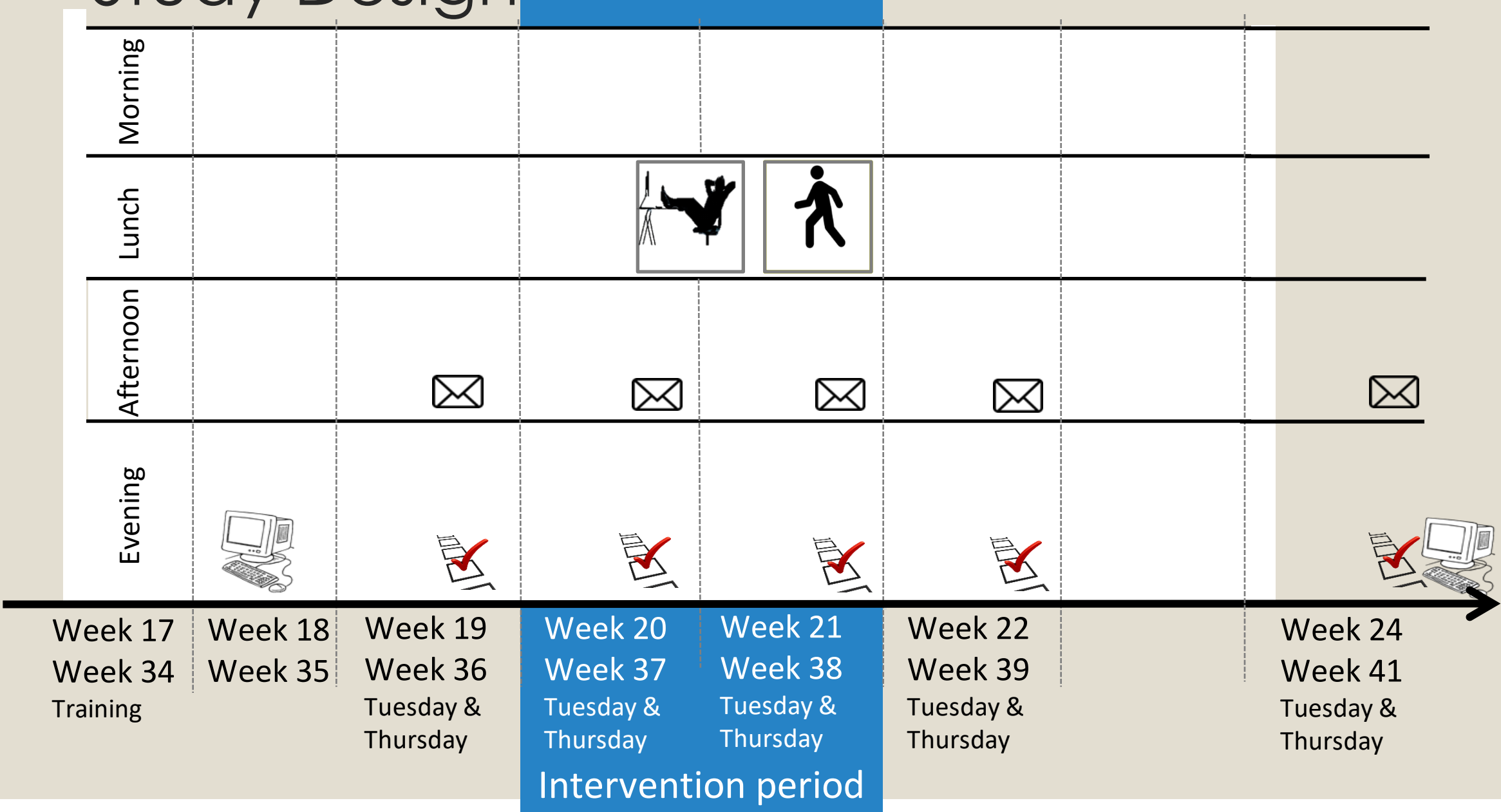


# Research questions

At the within-person level...



# Study Design



# Sample

- N = 97 (park walk n = 51, relaxation exercise n = 46)
- N = 970 for within-person effects
- Age: 46.8 years (range 25-62, SD = 9.6)
- Gender: 91.8% female
- Fields: Public sector, education, engineering, media, finance, and health care
- Completed exercise on average 8.6 out of 10 days for 14.6 minutes

# Measures



## Park Walk/Relaxation Exercise

- “Did you go for a walk during your lunch break?”
- “Did you engage in relaxation exercise during your lunch break?”
- *Yes/no*

# Measures

## Mediators

- Positive affect: “I feel happy”
- Fatigue: “I feel fatigued”
- 1 = *strongly disagree*, 7 = *strongly agree*



## Outcomes

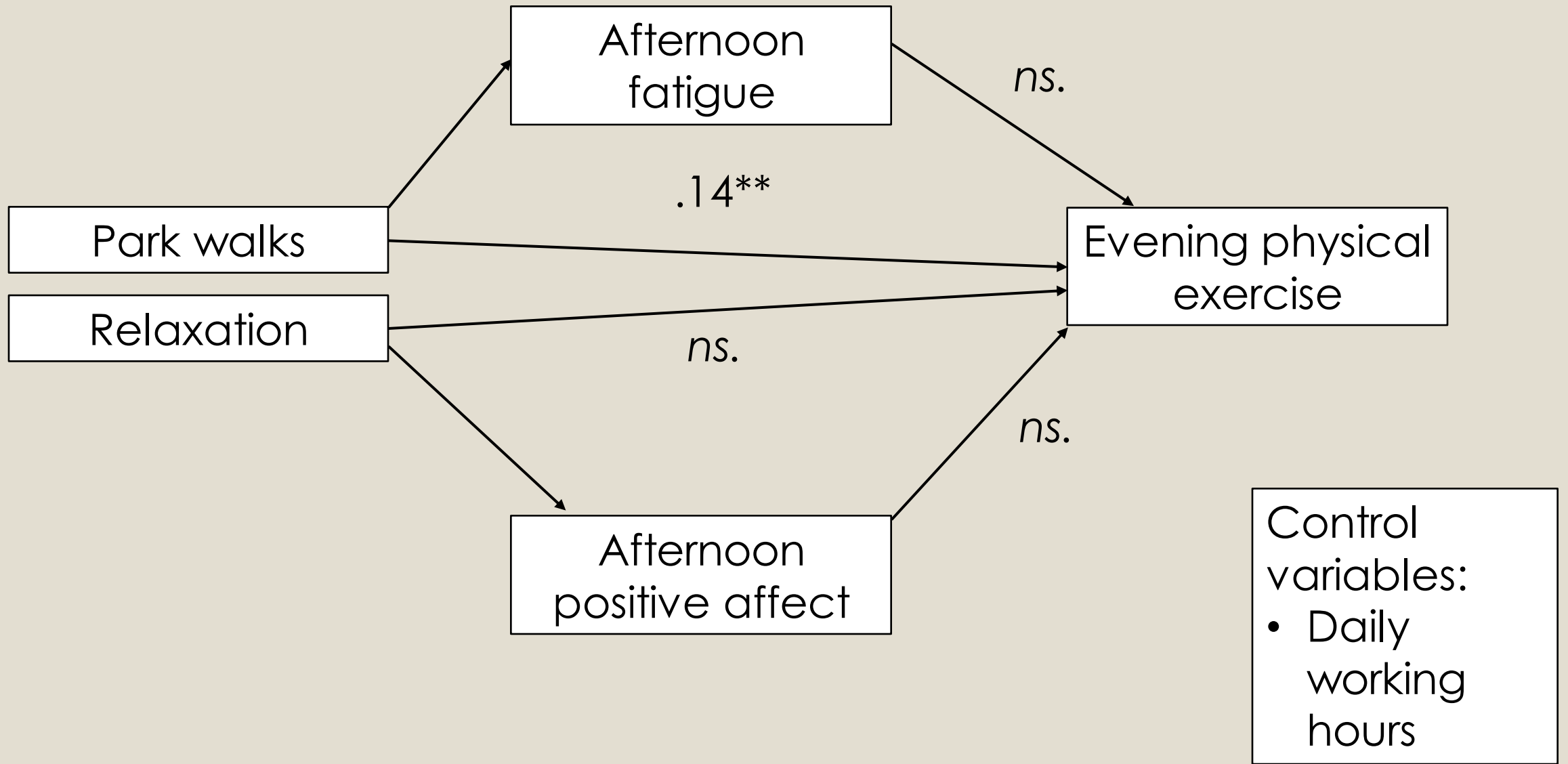
- After finishing work, how much time (*in hours*) did you spend on...
  - Physical exercise?
  - Physical activities in nature?
  - Social activities?

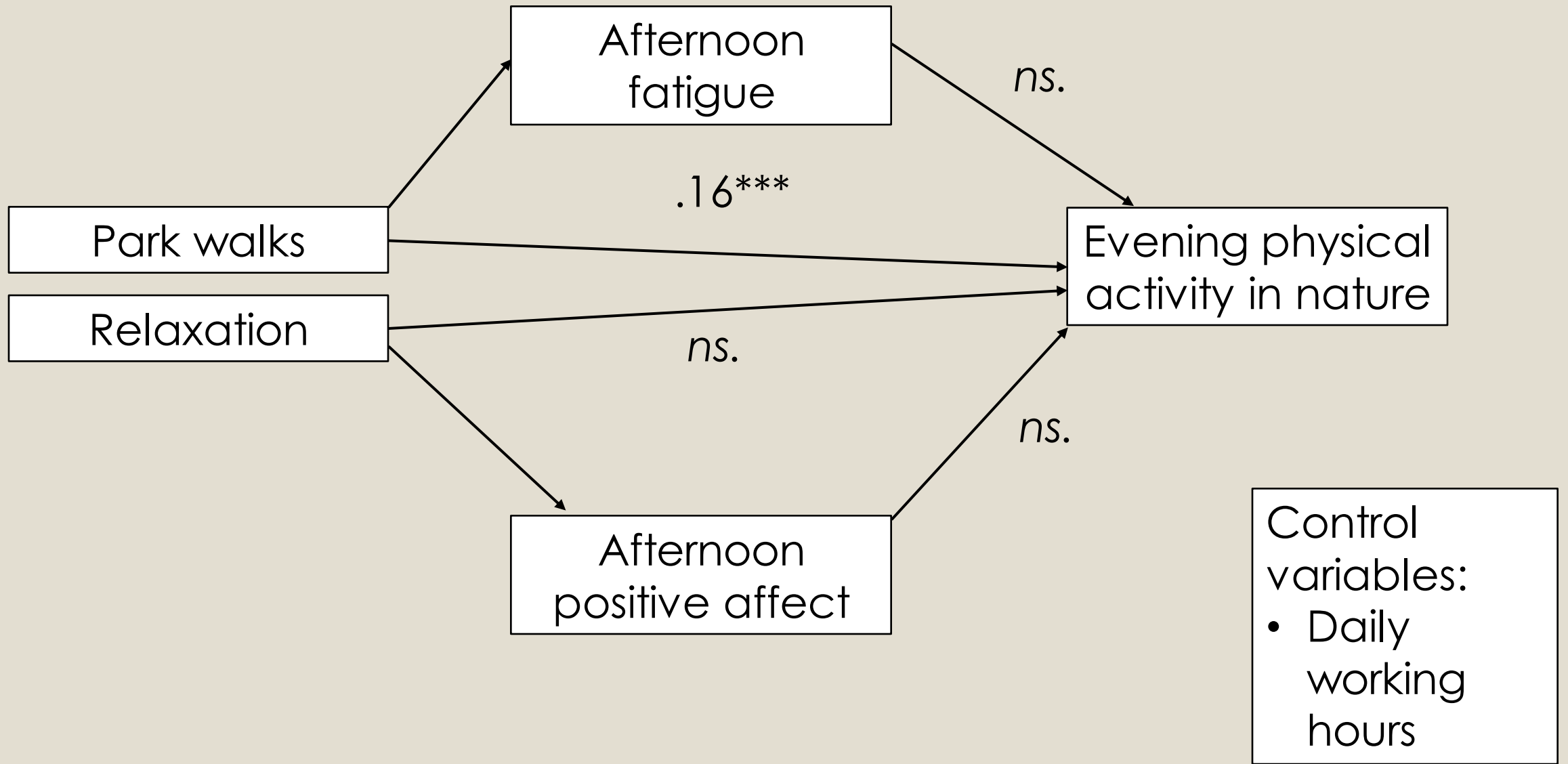


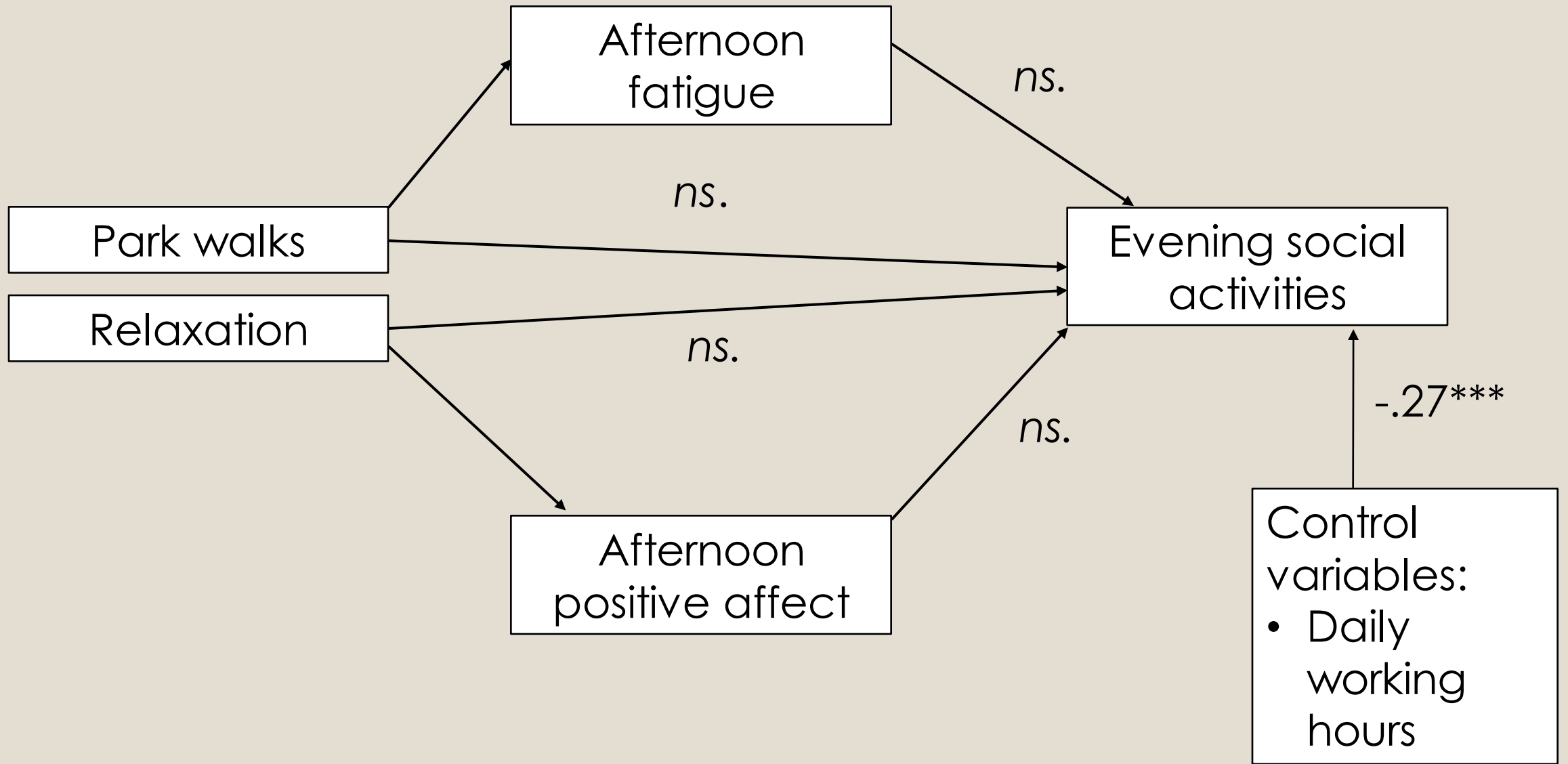


# Analysis

- We followed Bliese and Ployhart (2002) in their five-step approach, and estimated multilevel models in R using the NLME library
- We tested for mediation with R mediation package (allows for estimating indirect effects ( $ab$ ) and respective 95% quasi-Bayesian confidence intervals)







# Summary

- Lunchtime park walks predicted spending more time exercising and being physically active in nature
- Relaxation exercise did not
- Internal resources did not mediate the relationship
- Alternative explanation for the findings:
  - Being reminded that physical exercise, particularly in natural surrounding, is enjoyable