



Teachers' Recovery Processes: Investigating The Roles of Different Breaks from Work for Well-Being and Health among Ageing Teachers

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In my PhD, I have focused on:

- Testing the DRAMMA model, which suggests six recovery experiences: detachment from work, relaxation, autonomy, mastery, meaning, and affiliation
- Recovery during a) breaks at work, b) leisure time, and c) a vacation
- The role of aging in recovery
- The possibilities to support recovery during a vacation with the help of a smartphone-based intervention

Take-home messages

- During leisure time, all DRAMMA experiences are related to better well-being
- Detachment, relaxation, affiliation, and meaning during breaks relate to better well-being
- Experience that comes with age helps teachers to manage their recovery processes
- Smartphone-based interventions are a promising tool to support recovery from from

Thank you!

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