

# Media Release



NOVOTEL SYDNEY MANLY PACIFIC

25-28 JUNE 2009

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## **Active employees are more productive**

Employees who are physically active outside of work time are more engaged, proactive and perform better in the workplace, a recent study has found.

Professor Sabine Sonnentag from the University of Konstanz, Germany will present her findings in her keynote address at the Australian Psychological Society's (APS) 8<sup>th</sup> IOP Conference at the Novotel Sydney Manly Pacific from 25 to 28 June.

"Physical activity outside of work helps employees to mentally switch off and recover from job stress, which is highly important for staying in a good mood and for protecting one's well-being - particularly in the face of high work demands," said Professor Sonnentag.

"When under pressure or highly stressed, it can be harder to find the energy and motivation to exercise. Employees also tend to take work home or worry about their high workload for the next day."

### **Professor Sonnentag offers these tips for mentally switching off from work:**

1. Leave work at work. If it is necessary to work at home, give yourself a time limit and put work-related things away as soon as you have finished.
2. Find an activity that helps you to forget about work and relax.
3. Exercise in the morning or during your lunch break - before your energy levels have depleted.
4. Have a regular day (or better days) on which you exercise – then it doesn't take energy to decide: "should I go today or not?"
5. Prepare what you need for your sport or exercise.
6. Make appointments with others.
7. Try to regain some mental energy before you start your sport.

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**To coordinate an interview with Prof Sonnentag, please contact Elaine Grant on: 0412 683 068 or Ellise McLoughlan on 0428 445 097.**

**About the IOP Conference:** The eighth biennial IOP Conference will explore contemporary issues in workplace psychology such as employee engagement, work/life balance and the impacts of new media. Keynote speakers include: *Professors Beryl Hesketh, Deniz Ones, Eduardo Salas, Sabine Sonnentag, Phillip Taylor and Robert Wood.*

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