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Information & Support



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HOW TO CALM DOWN AND RELAX AFTER A LONG DAY AT WORK?

Relaxing after work and household duties is extremely important, while calming down and resting are particularly important for everyday functioning. How to calm down and relax after a long day at work? Find out more about it in our article.

WHY IS REST SO IMPORTANT?

Adequate sleep and relaxation have a significant impact on immunity, positive wellbeing and high levels of performance. **Did you know that statistically a person spends about 1/3 of their life sleeping?** Yes, that's how much rest we need at night. Apart from this you need effective relaxation during the day and naps. Unfortunately, a stressful job, a sedentary lifestyle and too many daily challenges mean that there is not always enough time for rest. In such a situation, sleep, a particular type of daily rest, is by far the most important. **Research shows that sleeping seven to nine hours a night has a positive impact on daily functioning, immunity and mood.**

EFFECTIVE REST EVERY DAY

What are the characteristics of effective rest? **It is not just about lying carefree on the sofa and watching new TV series or films, but also about physical activity, spending time with loved ones (family, friends, acquaintances), calming down and feeling grateful.** It turns out that around half of all people in Poland do not make full use of their holidays, and those who do that devote too little time to taking care of their bodies (meaning both mental and physical wellbeing). Living from weekend to weekend or from one trip to another is not a good solution. Some of the most important elements of effective rest include:

- physical activity, e.g. walking, cycling or inline skating, dance lessons, as this helps to release endorphins and boost immunity
- proper nutrition: ensuring healthy and balanced meals and eating regularly
- taking care of your general health: doing health checks, taking massages, talking to a psychologist or psychotherapist, focusing on different areas of your body and mind



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Want to learn more about calming down and relaxing? Reach for the book *The Art of Rest* by Claudia Hammond

- meeting up with friends or finding new friends, taking care of all-round social contacts
- leaving the house and sometimes spending time alone or in the company of loved ones
- reading books, developing yourself, making yourself comfortable in the comfort of your home.

All the extremely simple ways described above can help you calm down and relax after a long day at work. It is also a good idea to sign up for extra classes, e.g. painting, yoga, fitness.

TALKING TO A SPECIALIST IN CASE OF PROBLEMS

People who notice **chronic fatigue** in themselves, a **lack of ability to rest** or **symptoms of workaholism** or **job burnout** should opt to consult a psychologist. In this way, the build-up of initial difficulties can be quickly reduced. Sometimes it is useful to increase the amount of time spent on rest, and in other situations it is useful to change one's living or working situation or to find a suitable hobby.

*Don't wait, call now! If you have a problem with chronic fatigue, contact a specialist.
We are here to support you!*