

Lunchtime seminar

# How much recreational time is needed?

Findings from empirical research by organizational and work psychologists

**Christina Sagioglou, PhD** Innsbruck University

How much time off work is necessary?

How do we recover during work through breaks and task changes?

How much can we work without harming our health?

How important is true recreational time not involving any work-related elements?

How important is vacation?

This talk will present answers to these questions by reviewing empirical research from organizational and work psychologists. A discussion about the applicability of the presented findings for Japanese society is welcomed.

## February 18th, 2019

## 12:00-13:00

Language: English

Mid Campus Open Laboratory #1

Eligibility: Students, graduate students, researchers, staff

Free sandwich  
will be served!

## More detail & Entry

→ <http://bit.ly/2DH00EV>



### About speaker

After her diploma in psychology at the University of Cologne in 2010, Christina Sagioglou worked as a junior researcher at New York University and Hamburg University investigating how positive thinking affects our motivation. In 2012, she started her PhD in social psychology at the University of Innsbruck, which she completed in 2015 on the antecedents and consequences of interpersonal hostility. Since then, she has been doing her post-doc in Innsbruck on the psychological effects of phenomena related to social status such as relative deprivation and on antisocial personality traits, such as everyday sadism and subclinical psychopathy.



Produced by Dr. Carola Hommerich, Graduate School of Letters, Department of Sociology

Supported by Support Office for Female Researchers in Hokkaido University