

Should you switch off or stay engaged?

Citation for published version (APA):

Firoozabadi, A. (2019). *Should you switch off or stay engaged? the consequences of thinking about work outside work for well-being and job performance*. (9789463239691 ed.). Gildeprint Drukkerijen. <https://doi.org/10.26481/dis.20191211af>

Document status and date:

Published: 01/01/2019

DOI:

[10.26481/dis.20191211af](https://doi.org/10.26481/dis.20191211af)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Propositions accompanying the dissertation

SHOULD YOU SWITCH OFF OR STAY ENGAGED?

The consequences of thinking about work outside work for well-being and job performance

Abbas Firoozabadi

December 11th, 2019

1. The way that people experience after work time (i.e. in the evening or the weekend) is crucial for their well-being and job performance (this thesis).
2. Being mentally engaged with work-related issues after work is not necessarily a threatening factor for well-being and job performance as it depends on the type of work-related perseverative thinking (this thesis).
3. Work-related affective rumination inhibits the recovery process and consequently leads to exhaustion over time (this thesis).
4. Problem-solving pondering is beneficial for recovery and well-being only for employees who are good in regulating their thoughts and feelings. On contrary, for employees who are not good in regulating their thoughts and feelings, problem-solving pondering is detrimental (this thesis).
5. To have productive employees, the time that employees spend after work should be as important to employers as the time that employees spend at work.
6. Governments and legislative assemblies of labor laws should critically evaluate their current labor laws and assess whether the current laws sufficiently protect employees from work-related factors that inhibit the recovery process during non-work time (valorization).
7. Despite scientific progress, practical guidelines on how to effectively recover from work are still missing.
8. When there is a problem, it is more reasonable to spend our energy on how to solve it rather than to ask why.
9. Occupational health research has so far examined the causes of burnout rather than looking at how to improve employees' well-being.
10. Science is the only treasure that does not end with spending (Imam Ali (*p*)).