Title
Making leisure work: Leisure crafting as active recovery from stressful work

Abstract
Despite its relevance for contemporary societies, our understanding of the interactions between work and non-work domains, and the role, which workers play in deliberately shaping them, is still in its infancy. De Bloom will present the aims and research methods of her recently granted interdisciplinary Academy of Finland research project on “leisure crafting” (LC).

The aim of this research project is to achieve a more profound understanding of bridges and boundaries between work and non-work and working people’s supposedly deliberate attempts to optimize their work/non-work interface.

Using the DRAMMA model of optimal need satisfaction as an overarching framework, LC is defined as the proactive pursuit of leisure activities targeted at detachment, relaxation, autonomy, mastery, meaning or affiliation.

The project will use a variety of advanced methodological approaches to understand and to promote leisure crafting to improve recovery from work, employability, and quality of life among employees. The studies will focus on cultural differences, contextual variables and the role of modern technology influencing the relationships between LC, leisure activities, need satisfaction, wellbeing, and performance.

Bio
Dr. Jessica de Bloom works both as an Academy of Finland Research Fellow at the University of Tampere (Finland) and as a Rosalind Franklin Fellow at the University of Groningen (Netherlands), meaning that she regularly crosses national boundaries. Her 5-year research project on “leisure crafting” crosses sectoral boundaries and aims to integrate perspectives from several disciplines such as psychology and leisure sciences. De Bloom’s area of expertise concerns the interface between work and non-work time and she is particularly interested in job stress and recovery from work as well as e-mental health.