

Charlotte Fritz, PhD

**Assistant Professor in Industrial/Organizational Psychology
Occupational Health Psychology Graduate Training Program
Portland State University**



Dr. Fritz received her Ph.D. in Industrial/Organizational Psychology from the University of Braunschweig, Germany. She then held a position as Assistant Professor in Industrial/Organizational Psychology at Bowling Green State University from 2005 to 2009. Her research program focuses mainly on occupational health psychology, specifically how employees' work and nonwork lives interact. She has conducted field research in a variety of occupational sectors such as non-profit, information-technology, and public service. For the past three years Dr. Fritz (together with other colleagues) has established an ongoing collaboration with the Oregon Department of Corrections examining work stress, well-being, work-life balance, and health behaviors in correction officers. She currently serves on the editorial boards of the Journal of Occupational Health Psychology, and the Journal of Business and Psychology. She is an ongoing grant reviewer for German Science Foundation (DFG), Israel Science Foundation (ISF), and the Social Sciences and Humanities Research Council of Canada around OHP-related topics. She has published in a variety of academic journals such as the Journal of Occupational Health Psychology, Journal of Management, Journal of Applied Psychology, and Journal of Organizational Behavior.

Letting Go: Research on Recovery from Work Stress and Employee Well-being

Recovery from work stress can be described as a process that allows employees to unwind from work-related demands, reduce strain, and build new psychological resources. This talk will provide an overview of research around recovery from work and employee well-being. Specifically, the talk will describe several theoretical frameworks that help understand and examine phenomena related to recovery from work. The talk will then describe empirical findings regarding predictors and outcomes of recovery from work, with a focus on employee health, well-being, and engagement. At the end of the talk, theoretical and practical implications will be discussed.