

## From the Editor

---

As I write this column, I am staying in Moultonborough, New Hampshire in the New England area of the United States. This serene venue provides a good balance to my fast-paced city living. Recently, I have become more interested in *work-life balance*. I attribute this interest to my current stage in life and to my growing roles as mother, Amma (grandmother in Icelandic), daughter, sister, friend, caregiver, mentor, and worker. Work-life balance is about finding a rhythm that enables us to more easily combine work with our other responsibilities and aspirations. One of my aspirations is to keep up with reading the evidence based literature published in professional journals such as *WORK*. Not an easy task when there are so many other demands competing for my time. Improving my time management skills has been a helpful solution to finding a rhythm. It started by keeping an on-line work-life time diary on my smartphone. I started organizing my tasks into realistic size chunks by applying the following acronym, SMART:

“Specific: clearly defined.

Measurable: so that it’s easy to see when it has been completed.

Attainable: unrealistic targets are depressing, as we can’t achieve them.

Relevant: or appropriate, to current and future needs.

Time-limited: with defined deadlines” [1, p. 9].

Now, I have more time to read; one item off my “to do” list! I hope you try this approach, too.

The twelve articles contained in this issue add to the evidence based literature on numerous topics including work-life balance. Johnston, Kristman and Brison provide a descriptive analysis of work and non-work related motor vehicle collisions in Kingston, Ontario, Canada. Researcher Blom discusses contingent self-esteem, stressors and burnout in working women and men. I found this article particularly insightful to better understand work-life balance. Metabolic Syndrome and Sleep Duration in Police Officers was investigated by McCanlies and colleagues. Getting sufficient amount of sleep is another strategy towards a healthy work-life balance.

Krieger, Kinébanian, Prodingler and Heigl share the perceptions of adults with Asperger Syndrome on becoming a member of the work force. Soeker, Van Rensburg and Travill answer the question, Are rehabilitation programs enabling clients with mild to moderate brain injury in South Africa to return to work? While Fergenbaum, Comper and Colantonio’s article looks at post-injury signs and symptoms after a work related traumatic brain injury.

Two qualitative studies are included in this issue. Bathe, Diepgen and Matteredne conducted an investigation on the subjective illness perceptions in individuals with occupational skin disease; and Dhar provides a study which investigates employees’ perception of organizational support in the Indian information technology industry. A Mixed Methods Study was conducted by Brock, Northcraft-Baxter, Escoffery and Greene on musculoskeletal health in south Georgia farmworkers. A focus group study by Mårtensson and Hensing describes the factors contributing to women’s ability to make informed decisions during sick leave.

Alexanderson, Boman and Lindfors investigated strategies used to handle stress by academic physicians at a university hospital. I found this article an interesting contribution to better understanding issues related to work-life balance.

Adding to the growing body of research on the Work Role Functioning Questionnaire, authors Abma, Amick, Brouwer, van der Klink and Bültmann provide the cross-cultural adaptation of the questionnaire to Dutch.

As always, I welcome hearing from you about topics you would like published in *WORK*; and look forward to your submission of a manuscript to *WORK*. Learn more about the Editorial Board Members, authors and articles published in *WORK* by following us on Twitter @WORK\_Journal.

Cheers

Karen

[kjacobs@bu.edu](mailto:kjacobs@bu.edu)

<http://blogs.bu.edu/kjacobs/>

<http://promotingot.org>

**Reference**

- [1] Work-life balance toolkit for education professionals. Association of Teachers & Lecturers. 2004 [cited 2012 July 29]; Available from: <http://www.atl.org.uk/Images/Worklife%20balance%20toolkit%20maintained.pdf>.