

## From the Editor

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There are times when I find it challenging to write. It is irrespective of whether it's writing a professional manuscript for a journal like *WORK*, a chapter for a book or a two-page assignment for a class. I just can't find inspiration. As Jack London wrote, *you can't wait for inspiration. You have to go after it with a club.*

When these times occur, I turn to various strategies that I find effective. Perhaps they will help to inspire you, too:

1. Going for a walk in nature
2. Reading a fiction book or poetry
3. Taking photographs or looking at photographs
4. Watching the sun rise or set
5. Observing people interacting, especially children in a playground
6. Gardening with fragrant herbs like lavender or flowers such as lilacs
7. Swimming in a lake
8. Cross country skiing
9. Having a massage
10. Cooking and especially when making a beloved recipe

Writing about these ways to foster inspiration helped me write this, *From the Editor!*

This issue of *WORK* contains 24 articles and a Sounding Board editorial. The article topics are diverse and are written from authors around the globe. Some topics include: the relationship between precarious employment and mental well-being; work ability in persons with polymyositis and dermatomyositis; preventing alcohol problems and improving drinking habits among employees; and work-related musculoskeletal risks associated with nurses and nursing assistants handling clients who are overweight and obese.

As always, I welcome hearing from you. I hope that you found inspiration in reading articles published in *WORK*; and will consider submitting your scholarly work to our journal.

Cheers,  
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