

From the Editor

I thoroughly enjoy traveling, especially internationally. I write this *From the Editor* after returning from a river cruise on the Danube River. We stopped in cities/towns in Germany, Austria and Hungary after spending a few days in Prague. Vienna and Budapest have been on my “bucket list” and I was delighted to check them off.

Traveling can enhance work life balance. I think you would agree that it can promote overall health since it keeps your mind alert, enhances creativity, reduces daily life stress (only if your luggage doesn't go missing!), builds resilience, broadens your perspectives, and offers opportunities to meet new people and learn about different cultures. According to the Framingham Heart Study, “women who vacationed only every six years or less were nearly eight times more likely to develop heart disease or have a heart attack compared to women who traveled at least twice a year”. Based on this study, I am already planning my next travel.

You don't need to leave home to travel internationally by reading articles in this issue from authors in countries such as South-West Nigeria and Taiwan.

This issue of *WORK* contains two sections. The first section has three articles on the topic of technology in the workplace which was guest edited by Dr. Linda Miller and Dr. Lili Liu. My thanks are extended to Linda and Lili.

The other section includes 13 articles on assorted topics: workplace fatigue, room system manipulation in a nuclear power plant, musculoskeletal discomfort among dentists, and social capital and workplace bullying, which is our September 2017 *Learn at WORK* webinar topic.

As mentioned in previous issues of *WORK*, the 2017 *Learn at WORK* webinars continue to be well received. Here is the list of upcoming *Learn at WORK* webinars:

September 12, 2017 1-2pmEST

Presenter: Dr. Patricia Pihl

Title: *Social capital and workplace bullying*

Register at: <https://attendee.gotowebinar.com/register/5624536718069768707>

October 19, 2017 1-2pmEST

Presenter: Dr. Julie Dorsey

Title: *Re-evaluation of a LEED Platinum Building: Occupant experiences of health and comfort*

Register at: <https://attendee.gotowebinar.com/register/8452443241262777347>

November 15, 2017 1-2pmEST

Presenters: The Project Career team composed of: Dr. Phillip Rumrill, Dr. Deborah J. Hendricks, Eileen Elias, Dr. Karen Jacobs, Anne Leopold, Amanda Nardone, Elaine Sampson, Deborah Minton & Dr. Marcia Scherer.

Title: *Perceived benefit of iPad apps among college students with Traumatic Brain Injury (TBI)*

Register at: <https://attendee.gotowebinar.com/register/3415532095909897988>

December 13, 2017 1-2pmEST

Presenter: Dr. Bex (Rebecca) Twinley

Title: *Woman-to-woman rape and sexual assault, and its impact upon the occupation of work: victim/survivors' life roles of worker or student as disruptive and preservative*

<https://attendee.gotowebinar.com/register/3199989333958415107>

If you missed any *Learn at WORK* webinars, you can find the recordings at the *Learn at WORK* YouTube channel: <https://www.youtube.com/channel/UCOJalCXvSg9fPHaFFs48PuQ>

You can view the complete schedule on Facebook:
<https://www.facebook.com/WORKJournal2016/?fref=ts>

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<https://www.facebook.com/WORKJournal2016/?fref=ts>

As always, I welcome hearing from you; and I wish you meaningful travel experiences.

All my best,

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