

From the Editor

When the pandemic began, I decided that each morning I would post an inspirational quote on social media. These quotes help me to set an intention for the day. This daily ritual allows me to center myself and focus on achieving with joy and fulfillment the occupations of that day. I thought I would share some of these quotes with you:

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.” John F. Kennedy

“Miracles happen every day, change your perception of what a miracle is and you’ll see them all around you.” Jon Bon Jovi

“Kindness is always fashionable, and always welcome.” Amelia Barr

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” Thich Nhat Hanh

“It is better to travel well than to arrive.” Buddha

“Wherever you go, go with all your heart.” Confucius

“Look deep into nature, and then you will understand everything better.” Albert Einstein

To learn more about setting an intention, I recommend The Chopra Center: <https://chopra.com/articles/5-steps-to-setting-powerful-intentions>

This issue of *WORK* contains 22 articles in total including five articles in our COVID Commentary section; and four articles in a special section on *Ergonomics in Design*. My gratitude is extended to Francesca Tosi, who is the guest editor of this special section. I know you will find many of these articles of interest to you on topics such as a systematic review of ergonomics and telework, carpal tunnel syndrome, teamwork and corporate social responsibility among other interesting topics.

I hope you are enjoying *WORK*'s website at workjournal.org and enjoy reading the monthly blog posts and recordings from the *Learn at WORK* webinars. Here are the upcoming webinars:

Wednesday, August 5, 2020 from 1 pm–2 pm EST

Does objectively measured prolonged standing for desk work result in lower ratings of perceived low back pain than sitting? A systematic review and meta-analysis

Presenter: Diana Decarvalho, E-mail: Diana.decarvalho@med.mun.ca

Registration: <https://attendee.gotowebinar.com/registration/739866173672625164>

Wednesday, September 9, 2020 from 1 pm–2 pm EST

Millennial preferences in training messages: The role of teamwork and corporate social responsibility to WORK

Presenters: Diana Schwerha, E-mail: schwerha@ohio.edu & Tyler Clark, E-mail: tc142810@ohio.edu

Registration: <https://attendee.gotowebinar.com/registration/2725235628413300749>

Wednesday, October 14, 2020 from 1 pm–2 pm EST

Development of an online digital resource accessible for students with visual impairment or blindness: Challenges and strategies

Presenter: Dr. Almeida, E-mail: marga@ua.pt

Registration: <https://attendee.gotowebinar.com/registration/8581833792537508621>

Here is a sneak preview of our 2021 *Learn at WORK* webinars:

Wednesday, January 27, 2021 from 1–2 pm EST

Dr. Caitlin Synovec will be discussing A pilot model for provider training to address brain injury in health care for the homeless settings.

Registration: <https://attendee.gotowebinar.com/registration/7147982674392062476>

Thursday, Feb 18, 2021 at 1–2 pm EST

Professor Eva Bojner Horwitz, Professor of Music and Health Academy of Music Education, Department of Clinical Neuroscience, Karolinska Institutet

will present Taking care of the researcher – a nature and art-related activity retreat sharing natural space put humanity in perspective.

Registration: <https://attendee.gotowebinar.com/register/6844009491323621646>

Wednesday, March 24, 2021 at 1–2 pm EST

Quinn Tyminski and Ariana Gonzalez will be discussing The importance of health management and maintenance occupations while homeless: A case study.


Registration: <https://attendee.gotowebinar.com/register/9081127525691332879>

If you missed any of the *Learn at WORK* webinars, you can find the recordings on our website at workjournal.org and at the *Learn at WORK* YouTube

channel: <https://www.youtube.com/channel/UCOJalCXvSg9fPHaFFs48PuQ>

I welcome hearing from you. Be safe. Be healthy and set a daily intention.

Cheers,



Karen Jacobs
Founding Editor, **WORK**
Occupational therapist & ergonomist
E-mail: Kjacobs@bu.edu
workjournal.org
blogs.bu.edu/kjacobs/
@WORK_Journal <https://www.facebook.com/WORKJournal2016/?fref=ts>