

From the Editor

“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.” Mahatma Gandhi

Similar to many people globally, I have been working remotely for almost a year. I am grateful that with the support of my employer, Boston University, I was able to pivot to a virtual context for teaching, meetings and my other work tasks. During this time, I have also focused on mental health with self-care occupations such a virtual yoga, walks in nature, iPhone photography, cross country skiing when the weather permits, communicating with family and friends on Zoom, participating in book and film clubs and beginning to learn Spanish. Of course, trying new bread recipes has become a part of this new health and wellness routine. As we begin 2021, I hope you will also make it a priority to focus on your mental as well as physical health. In this issue, Das and Adams address the importance of this focus in their article, *Nurses’ physical activity study: Caring for you so you can care for others*. This issue contains 20 manuscripts on a variety of other topics such as open space offices, burnout, work stress, safety attitude, resilience, safety performance and the impact of COVID-19.

I hope you are enjoying the *Learn at WORK* webinars. Here are some of the upcoming 2021 webinars:

Thursday, Feb 18, 2021 at 1-2pm EST

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

Presenter: Professor Eva Bojner Horwitz

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

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

The importance of health management and maintenance occupations while homeless

Presenters: Quinn Tyminski and Ariana Gonzalez

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

Wednesday, April 14, 2021 at 1-2pm EST

Coping on the inside: Design for therapeutic incarceration interventions

Presenters: Dr. Amy Wagenfeld and Dr. Daniel Winterbottom

Registration: <https://attendee.gotowebinar.com/registration/5946523230165220366>

Wednesday, May 5, 2021 at 1-2pm EST

The role of office features and psychosocial working conditions

Presenters: Dr. Sarah Lütke Lanfer and Dr. Anja Göritz

Registration: <https://attendee.gotowebinar.com/registration/2971930860503787533>

Wednesday, June 2, 2021 at 1-2pm EST

Telehealth in school-based practice: Perceived viability to bridge global occupational therapy practitioner shortages prior to COVID-19 global health emergency

Presenters: Cynthia Abbott-Gaffney and Karen Jacobs

Registration: <https://attendee.gotowebinar.com/registration/2425795738833723661>

Wednesday, July 14 at 1-2pm EST

An assessment of ergonomic issues in the home offices of university employees sent home due to the COVID-19 pandemic

Presenter: Kermit Davis

Registration: <https://attendee.gotowebinar.com/register/4042561619417630988>

You can stay up-to-date on our *Learn at WORK* webinars, blogs and news by going to our website at workjournal.org

As always, I look forward to hearing from you. Be safe and healthy.

With kind regards,



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