

From the Editor

Recalibrating

A colleague of mine invited me to join a small group called *Essentialism 21 Day Challenge*. The objective of the group is to read daily one chapter over 21 days in the book, *This Essentialism: The Disciplined Pursuit of Less* by Greg McKeown and to discuss with the group making changes using the essentialist way of “living by design”. As my friend shared, this and other books “. . . are helping me understand the impact of perfectionism and explain how life can be a lot simpler and more satisfying by starting with the question, ‘what is essential’”?

As we begin to recalibrate our lives in the “new” normal after the pandemic, perhaps the logic of the essentialist will be good for us to explore by reflecting on: “I choose to,” “Only a few things really matter,” and “I can do anything but not everything” (McKeown, 2014).

This issue of **WORK** contains 32 articles. It includes a special section on *Stress and Health* guest edited by Dr. Kalemaki. The issue starts with a poem, *Would You Do Anything Differently?* written by Ivory Tifa, an occupational therapist at Kaiser Permanente and a student in the Boston University post-professional doctoral in occupational therapy program manuscripts. The remaining articles include topics such as the dark side of occupation, employee resilience program, coaching based intervention for people with disabilities, and job satisfaction.

We hope you are enjoying the **Learn at WORK** webinars. Here are the remaining webinars for 2021:

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 & Karen Jacobs

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

Wednesday, September 2 at 1-2pm EST

Was a global pandemic needed to adopt the use of telehealth in occupational therapy?

Presenters: Viktoria Hoel, Claudia von Zweck, Viktoria Hoel & Ritchard Ledgerd

Registration: <https://attendee.gotowebinar.com/register/8474382929400856591>

Wednesday, October 6 at 1-2pm EST

Outdoor psychology for employees with burnout or related complaints

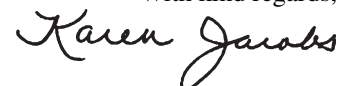
Presenter: Roald Pijpker

Registration: <https://attendee.gotowebinar.com/register/1303794701415931407>

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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