

From the Editor

“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

I believe that gratitude is one of the most powerful emotions that we can practice. Every day I feel grateful and try to take the time to be mindful of this emotion. I try to express my gratitude out loud, not just reminding myself, but sharing it with others. As Ralph Waldo Emerson wrote, *“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”*

As I write this *From the Editor*, gratitude is the emotion that is all encompassing. This gratitude originates from the opportunity to be part of WORK since its inception over 26 years ago. My daily gratitude goes to the authors who submit their manuscripts to WORK, to the past and current Editorial Board members and external reviewers who thoughtfully provide feedback about the manuscripts, to the people who read and cite these articles to the behind the scenes individuals from IOS Press, like Marion Lilley, and of course to Liz Auth, my assistant.

This regular issue of WORK contains 22 articles. Topics vary greatly from universal design to firefighting and mental health, quality of life of the

dockworker, a systematic review of the evidence concerning shift work and quality, among others. I feel confident that you will find many articles of interest.

Beginning this year, WORK will launch a complimentary webinar series called, *Learn at WORK*. As this new initiative unfolds, you will have the opportunity to learn from and interact with authors from our journal. Stay up-to-date by following WORK on Facebook at <https://www.facebook.com/WORKJournal2016/?fref=ts> and Twitter at https://twitter.com/WORK_Journal

As I conclude this *From the Editor*, I encourage you to listen to a TedTalk by Louie Schwartzberg on gratitude. It is located at: http://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude?awesm=on.ted.com_Gratitude&utm_campaign=&utm_medium=on.ted.com-static&utm_source=facebook.com&utm_content=awesm-publisher

As always, I welcome hearing from you.

Cheers,
Karen
Editor, *WORK*
Occupational therapist & ergonomist
E-mail: kjacobs@bu.edu
blogs.bu.edu/kjacobs/