

## From the Editor

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# Being an Amma

As I write this *From the Editor* as the Editor-in-Chief of *WORK*, I began reflecting on the roles that I assume, each with a distinct set of responsibilities, challenges and joys. In my professional sphere, I assume the role as editor, mentor, teacher, researcher, clinician, author, collaborator, administrator, leader, activist among others; each role shaping me and in turn, being shaped by others.

In my personal life, I am a mom, sibling, aunt, cousin, friend, and Amma (grandmother in Icelandic). Each relationship enriches me and is teaching me about love, patience, and the enjoyment of shared experiences.

Among these roles, there is one that often shines with a special warmth - the role of being an Amma to my five grandchildren ages 4, 11, 13, 14 and 16. In this role, I like to think of myself as a storyteller imparting values of kindness and courage, of traditions such as lighting the Shabbat candles or cooking traditional recipes like my own Nanny's sweet and sour meatballs, and life lessons learned. In addition to being the dispenser of boundless love and adventures like the special trips that I take with each grandchild individually. I view myself as a bridge between generations, linking the past with the present, and guiding the future.

I pay tribute to the vital role of being a grandparent in this *From the Editor* and welcome readers to share their own stories centered around the theme of grandparenting.

Thinking about being a grandparent, the Guest Editor of the special section of this issue devoted to complementary and alternative medicine (CAM), also holds this role as well as many other roles. It is with gratitude that I thank Valerie for being the Guest Editor of this special section as well as the role as an editorial board member from the start of *WORK* in 1990. An upcoming Learn at *WORK* podcast has Valerie as the guest so you can learn more about her work in CAM.

There are 25 regular papers in this issue on topics such as perceived stress and work engagement, strategies to accommodate employees with mental health conditions, workplace aggression, telework, anxiety and sleep disturbances, cultivating sustainable environmental, breastfeeding among working mothers, occupational balance, among other interesting topics. The Editor's Choice paper is *Workplace aggressions on hospital workers: A current and prevalent problem with a high demand for training* authored by Ramos et al. As the authors shared, workplace aggressions on hospital workers is a



From left to right: Zane, Sophie, Amma (Karen), Liberty, and Zachary



Bea and Amma (Karen)

very frequent but under-reported problem. Using a survey method, the authors analyzed the number of workplace aggressions per hospital worker and management's knowledge and interest in receiving training on aggressions by hospital workers in a university hospital in Spain. Based on the survey results, they concluded, "Workplace aggression on hospital workers mainly affects women, the nursing category and the emergency, critical care or psychiatry units. Hospital workers showed little knowledge on the topic but a great interest in receiving training."

I hope you are enjoying our *Learn at WORK* podcast episodes of guests such as Nancy MacRae, Christophe Vanroelen, Jen Phillips, Lynn Shaw, Leonard Matheson and Martha Sanders. As mentioned previously, the upcoming episode will be with Valerie Rice on her practice in the Vital Life Cen-

ter, mindfulness, and her experience being on the editorial board.

Learn more about *WORK* on our website: [workjournal.org](http://workjournal.org).

All my best,

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