

From the Editor

Re-thinking Writing Time

How many of you are finding yourself time challenged when writing professional papers such as a manuscript to *WORK*? I know that this is the case for me. In a recent *Monday Motivator* from the **National Center for Faculty Development & Diversity** it was recommended that we make a commitment to write every day for at least 30 minutes. The founder, Dr. Rockquemore writes,

*“It sounds so easy, but for most academics, writing for at least 30 minutes every day is anything but simple. It is more difficult than it sounds because even though we **KNOW** that writing and publication are high priorities, we often **BEHAVE** as if writing is our lowest priority. In other words, despite knowing that writing is critical to our professional success, we often treat it as an optional activity. We “try to make time for it” at the end of the day or “hope to get to it” after everything else has been done and everyone else’s needs have been met. I want to make a radical suggestion this week: **Let’s re-think our writing time by giving it the same weight in our schedule that it will have in our tenure review, promotion decision, and/or how we are valued on the job market”***

I started following Dr. Rockquemore recommendation to schedule 30 minutes/day into my electronic calendar; and I am finding that I am able to accomplish my professional writing activities and have become more productive. How about you taking the challenge to do the same?

This issue of *WORK* contains 30 articles! It is one of our largest issues and contains topics such as: a systematic review addressing psychosocial work-related stress interventions, return to work and job retention, low back pain, health and safety in the workplace, work productivity in breast cancer survivors and its effects on quality of life, burnout and anxiety among other topics. We continue to include articles on COVID-19 such as in this issue a paper titled, *Predictors of depression, anxiety and stress among*

remote workers during the COVID-19 pandemic. All of our papers on COVID-19 are free-to-read.

I hope you are enjoying the *Learn at WORK* webinars which feature an article published in the journal.

Here is the schedule for some upcoming 2021 webinars:

Wednesday, September 22 at 1-2pm EST

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

Presenters: Viktoria Hoel, Claudia von Zweck & 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>

We have begun to schedule our 2022 *Learn at WORK* webinars which I will share in upcoming issues.

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

With kind regards,



Founding Editor, **WORK**
Occupational therapist & ergonomist
Kjacobs@bu.edu
workjournal.org
blogs.bu.edu/kjacobs/