

# Message from the Editor



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Dear Health Psychology and Behavioural Medicine Section Members,

One year ago, I was putting together the spring 2020 edition of Health Notes amidst absolute chaos: my three young children were home from school/daycare and demanding constant attention, my husband was on a seemingly endless string of loud Zoom calls with clients in the next room, and along with many of my colleagues, I was struggling to stay productive in my research and to adequately supervise my students. Needless to say, I'm immensely grateful to have prepared this year's spring edition under very different circumstances! Though many still have kiddos at home or are otherwise struggling with the enormous challenges that the pandemic has brought – loss of loved ones, financial hardship, social isolation – there's at least a light at the end of the tunnel. Chances seem good that this time next year, we'll be getting ready to gather in Calgary, to catch up with old colleagues whom we haven't seen in ages, and to talk science! I, for one, can't wait!



In the meantime, this edition of Health Notes will bring you up to speed on all the wonderful research your colleagues are producing across the country. For example, we have a very interesting interview with Dr. Joel Katz, this year's Senior Investigator Award winner, as well as a piece highlighting health psychology research funded in the Fall 2020 CIHR Project Grant competition. You'll also find some very practical pieces addressing topics that are sure to be of interest to members at all career stages, including "How to be an anti-racist researcher" and "What does training in health psychology look like today? An example from Lakehead University". And be sure to check out the highlights of some of the fantastic presentations scheduled for the upcoming convention. So enjoy and I look forward to 'seeing' you all at the virtual convention in a few weeks!

Take care and stay healthy!