

Editing in the era of digital nomadism and COVID-19: Challenges and opportunities

Handout with talk presented by Marieke Krijnen at the 2020 CIEP Conference, November 4, 2020.

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These tips are meant to improve your mental and physical health as a digital nomad and while working from home during the pandemic. I realize that these ideas are not attainable for or inclusive of everyone. Please just pick what you can use from this.

Physical health: exercise

- Running apps: [Couch Potato to 5K](#), [Couch to 5K](#), [Zombies Run](#).
- Walking app: [AllTrails](#).
- Exercise classes via YouTube: [Yoga with Adriene](#), or search for “bodyweight workout” or “home workout.” App: [Seven](#).
- Video game for workout: [Just Dance](#).
- Skipping, resistance bands, dumbbells.
- Swimming: [SwimUp](#).
- Twitter hashtags to follow for motivation: [#StetWalk](#), [#StetRun](#), [#RunOnEditors](#), [#StetDance](#), [#StetYoga](#)... or coin your own!
- Exercise while working: [desk cycle](#), [treadmill desk](#), [under-desk elliptical](#).
- Look for exercise buddies when lockdowns are over via MeetUp or Facebook.

Physical health: ergonomics

- Accessories: [laptop stand](#) or separate screen, separate keyboard and mouse, [Rollermouse](#).
- Office furniture: desk chair, standing desk, footrest, [portable saddle chair](#).
- Vary where and how you sit: living room, desk, floor, bed, garden, balcony, park, [armchair](#)...
- Join a [coworking space](#).

Mental health: work-life balance

Switching off from work:

- Block access to phone apps such as email after work hours: [Stay Focused](#).
- Switch off your computer and stash it (if it's a laptop) when you are done with work.
- Take a chunk of time off to reset your brain.

Focusing on work:

- Block distracting websites and apps or block internet altogether on phone/computer: [Freedom](#).
- In COVID times: work in a [hotel room](#) for a day (or find another safe space to work in like a shed, a boat, or an [Airbnb](#), or [swap houses](#)).
- In normal times: join a coworking space, or go to the library or a café to work elsewhere.

Mental health: community/connection

-Join digital support communities.

- On Facebook: [Editors' Association of Earth](#) public page and private [EAE Backroom](#) group. Also [Editor Alliance](#).
- On Discord: [Editors Comma Together](#).
- On Twitter: social hashtags [#AmEditing](#) and [#EdiBuddies](#); editing-related chats via hashtags [#ACESChat](#) and [#EditingChat](#).
- Mailing list: [CE-L](#).

-[Digital coworking sessions](#).

-[Mastermind](#) or [accountability groups](#).

-Join a professional association...

- [SENSE](#) (NL)
- [AFEPI](#) (Ireland)
- [CIEP](#) (UK)
- [MET](#) (Europe)
- [EASE](#) (Europe)
- [ACES](#) (US)
- [EFA](#) (US)
- [CSE](#) (US)

- [Editors Canada](#)
- [IPEd](#) (Australia)
- [PEG](#) (South Africa)
- [SWET](#) (Japan)

... to benefit from member forums, webinars, and meetings.

-Attend conferences and workshops organized by these associations or follow them online (for example via the hashtag [#CIEP2020](#)).

-Join a coworking space or find a group of freelancers to cowork with via [Meetup.com](#) or Facebook. Local [Shut Up and Write](#) chapters exist all over the world, for example.

Finally...

-Don't forget to give yourself a break!