



Attitude readjustment

Is the glass half empty or half full?

Your attitude affects your physical and emotional health. People who dwell on the negative are more prone to disease — both physical and emotional — and tend to live shorter lives. Try to maintain a positive attitude about your work and your personal life. A well-balanced life promotes wellness.

Focus on balancing work with family, your social life and your own individual needs and interests. You'll be healthier and happier.

And that's smart safety!

For additional information or guidance, contact your safety office.