

## Health & Safety Tip of the Week!

*The value of humor is almost a "no brainer" when you think about it.*

*It can help you get out of a tough spot...  
reduce tension...  
and put you in a more relaxed frame of mind.*

*Simply put, when you learn to lighten up,  
the achievement of almost any goal will go more smoothly.*

*Robert L. Cox.*



***Please share this information with others who would benefit within your organization.***

The **Health & Safety Tip of the Week** is provided by your Safety & Wellness Program Administrator, **Edwards Risk Management, Inc.** This information is meant to complement the advice & guidance of your physician and/or safety professional, not replace it. We welcome your comments, suggestions and input at [well-connected@edwardsrisk.com](mailto:well-connected@edwardsrisk.com).