

Improving Health and Safety Through Emotional Resilience



Life in the 21st century is pretty full on and we all experience pressure from a range of sources e.g. from our work lives, from our home lives and from our own expectations and aspirations. When the level of pressure exceeds our ability to cope, however, we become stressed and it has a negative impact on our physical and mental health and ultimately on our performance. The impact of these symptoms can be damaging enough for the average working environment but for safety critical environments, it can impose a high level of risk.

[Improving Health and Safety Through Emotional Resilience](#)