

# Taking Control of Anger



## Is your anger productive...or destructive?

This course can help you manage angry feelings and/or angry behaviour. If you are concerned about the consequences of anger to your health, relationships, and/or job, the course can teach you how to cope effectively with stresses and frustration, and how to let fewer things upset you.

### Course Contents

- A model that will help you understand where your anger comes from and your options for managing it.
- Ways to calm yourself and reduce anger-related tension.
- How to change anger-triggering thoughts.
- Constructive problem-solving as a way to express yourself as an alternative to aggression or angry behaviours.

### Additional Features

- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.



Estimated time to complete this course is 2 hours (60 minutes online; 60 minutes of printed workbook material).

**ENROLL  
NOW!**

Enrollment may be covered by your benefit plan employee assistance services. Our website will help you determine this. To register, learn more about this course or learn about other courses we offer, visit Member Services at [www.homewoodhealth.com](http://www.homewoodhealth.com).