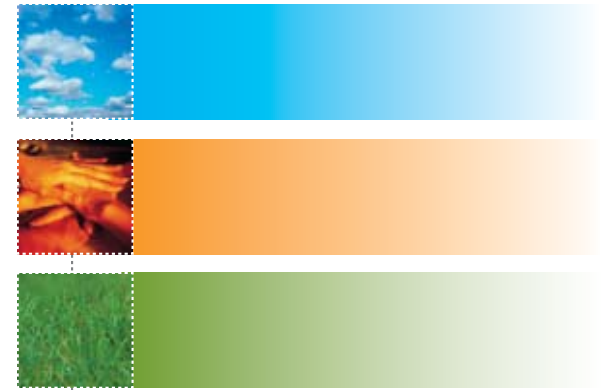




We all have our  
**(ANGRY)**  
moments.

*It's how we handle them  
that counts.*



### MOMENTS OF ANGER

Research indicates that each of us will become annoyed at least 20 times this week. Whether as a result of another driver cutting us off or our child spilling grape juice on the new carpet, seven of these moments will be significant enough to make us angry. Our faces will redden, our blood pressure rise and our muscles tense as our bodies try to warn us of a stressful situation.

### ANGER ISN'T THE PROBLEM

It is a warning. Just as we choose how we respond to a ringing smoke detector or a 'no swimming' sign, we can choose how to respond to our feelings of anger. We can escalate stressful situations—and create new ones—through physically or verbally aggressive behaviour. Or we can transform our heightened energy into constructive action through proper techniques.

### MANAGING ANGRY MOMENTS

*Managing Angry Moments* is a series of nine 2.5-hour workshops that tackle difficult issues, strong emotions and personal beliefs. You will learn skills and strategies to help reduce anxiety and stress, improve physical, mental and spiritual wellness, and strengthen relationships.

*Managing Angry Moments* is neither a counselling nor a treatment program. Through education, it aims to help you identify the specific situations that provoke your anger and determine coping mechanisms that will work for you.

### MORE INFORMATION

*Managing Angry Moments* is delivered as part of the Strengthening the Forces Health Promotion Program. Contact your Health Promotion Office for details on *Managing Angry Moments* workshops available to you. To find the Health Promotion Office nearest you, visit the Canadian Forces Health Services website at [www.forces.gc.ca/health](http://www.forces.gc.ca/health).



[www.forces.gc.ca/health-sante/ps/hpp-pps/](http://www.forces.gc.ca/health-sante/ps/hpp-pps/)