

Course Information Sheet

Controlling the Anger Inside You (1.5 education hours)

Course Description: Anger can be a paralyzing emotion that causes strained relationships, problems at work, and ultimately health-related illnesses. This includes a discussion of four approaches to decreasing anger: thinking differently, managing stress, recognizing triggers, and taking action. A comprehensive handout for developing a plan to manage anger is included with the course.

Course Objectives:

1. Differentiate between healthy versus unhealthy anger
2. Learn how your thinking can be used to deal with anger
3. Understand how stress reduction can reduce your anger
4. Identify “triggers” that make you angry
5. Understand how to take action by creating an anger management plan

Click here to enroll in this course:

<http://substanceeducation.com/moodle-subed/course/view.php?id=39>