

# AIMS

*Take the course anytime, anyplace.*

Anger is a natural, normal emotion. But experiencing anger too often or too intensely can be a problem. It can lead to health issues, damaged relationships, difficulty at work, or even legal problems.

**AIMS** can help. It's a self-guided web course that teaches scientifically proven skills and tools to help you manage your response to stressful situations.

## Learn Skills That Help You

- ▶ Get along better with people
- ▶ Control your reactions to irritating events
- ▶ Avoid the negative consequences of getting too angry
- ▶ Build a personalized plan for managing anger

## An Engaging Online Program

- ▶ Videos of Veterans telling their stories and how AIMS helped
- ▶ Interactive games & activities
- ▶ Breathing & relaxation exercises
- ▶ Helpful downloadable fact sheets

## Plus, It's...

- ▶ **Free, confidential & anonymous**
- ▶ No login or registration required
- ▶ Works on computers, laptops, tablets & smartphones
- ▶ Developed for Veterans, available to anyone



Download the app to customize and use many AIMS tools on-the-go.



**VISIT TODAY!**  
**[www.VeteranTraining.va.gov/AIMS](http://www.VeteranTraining.va.gov/AIMS)**



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