



# AIMS ANGER & IRRITABILITY MANAGEMENT SKILLS

*Take the course anytime, anyplace.*

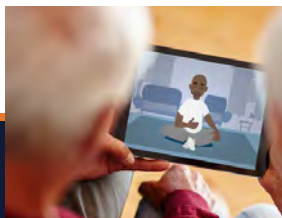
Download the app to customize and  
use many AIMS tools on-the-go.



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



U.S. Department  
of Veterans Affairs



# AIMS ANGER & IRRITABILITY MANAGEMENT SKILLS

*A Confidential Web Course from VA*

## **AN ENGAGING ONLINE PROGRAM**

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

## **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

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