

AIMS ANGER & IRRITABILITY MANAGEMENT SKILLS

Take the course anytime, anyplace.



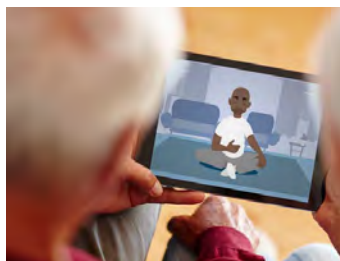
An Engaging Online Program

- ▶ Videos of Veterans telling their stories
- ▶ Interactive games & activities
- ▶ Breathing & relaxation exercises
- ▶ Helpful downloadable fact sheets
- ▶ Confidential—no login or registration required



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



VISIT TODAY!

www.VeteranTraining.va.gov/AIMS

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



U.S. Department
of Veterans Affairs