



TAKE CONTROL OVER YOUR ANGER



Contact your EAP for
confidential counseling and
assistance any time!

Is your anger impacting your relationships and other aspects of your life?
When you cannot control your anger, you may:

- Argue more
- Drive recklessly
- Lose friends

Your employee assistance program (EAP) can help you learn new ways to
keep calm under pressure.

1-800-XXX-XXXX | www.achievesolutions.net/xxxx