



LIVING WITH ANGER

Acceptance and Commitment Therapy for Emotional Resilience

AN EFFECTIVE HANDS-ON PROGRAM FOR UNIFORMED PROFESSIONALS:

- Discover what makes you angry
- Open up to painful feelings
- Find calmness in angry situations
- Improve performance at work

“HELP FOR TAKING BACK THE LIFE YOU WANT TO LIVE AFTER ANGER”

CALL TODAY 508-796-4348

MEETING TIMES

**Wednesdays
12-1:15 pm**

Law Enforcement • Fire
Corrections • EMS
Veterans • Military

 **UMass Memorial Health**

100 Century Drive • Worcester, MA 01606

Anger Facts

Feeling angry happens to anyone. Anger is an emotion, a normal part of being human. It can carry important information, such as something is wrong or dangerous or a boundary has been violated, and it needs your attention. How you react to anger can make a difference between living a healthy life or one that's harmful to you and others.



71%

of police officers say their job makes them feel angry at times¹



53%

of jail officers screen positive for PTSD, which can include angry outbursts²



NEARLY **31%**

of veterans report having problem anger³



69%

of people think anger is a negative emotion⁴



16%

of military personnel report problem anger⁵