



Mental Health Mondays!

Dealing with Anger

Anger is one of the most misunderstood emotions. There are many consequences when we do not deal with our anger appropriately. Often times we make decisions that we regret.

During this webinar we will define anger, discuss the roots of anger, explore how anger protects us and find positive ways to deal with this misunderstood emotion.

Don't forget to join us for this webinar on:

Monday, June 27th • 11:00a-12:00p CT

***Please note: All webinars and programs must be completed outside of work hours.**

How To Register for Mental Health Mondays

- Go to www.carehere.com and log on with your username and password.
- Click on Wellness Registration (April-June) on the green navigation bar. This will pull up an enrollment form, where you may register for this program.
- Fill out the form to register and click done.
- Information on how to join the webinar will be sent to you after you register.
- You may also call 877-423-1330 to register.

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**If you are unable to view this webinar at the scheduled time, you may request a recorded version by e-mailing recordings@carehere.com.*