

# Resource of the Month: October 2017

## Managing Emotions



This program teaches people helpful ways to manage the four basic emotions: anger, sadness, fear, and joy. You will learn the four-step C.A.L.M. System for knowing and reacting to “feelings” . This workbook and DVD are designed to help you feel better about your emotions, have good relationships, and improve your self-esteem.

With this program you'll learn:

- to calm down before acting on feelings.
- that having feelings does not mean they have to be acted out.
- to express anger without blowing up or resorting to violence.
- how to cope with sadness and compensate for loss.
- how to handle fear by taking action instead of withdrawing.
- how to understand what makes people happy, including the “Seven Steps To Happiness.”



To borrow this new book, call  
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