

Keep Anger in Check



FIRST SUN
EAP

We Help People **Be Better** at Work



Call First Sun at

800-968-8143

or visit

www.firstsuneap.com

Understanding the Checks and Balances of Anger

Anger can be a healthy reaction to some of life's daily challenges. Feeling angry is normal — it's what you do with that feeling that makes the difference. If the outcome of your anger harms others or affects your work performance, call First Sun EAP to learn ways to manage your anger.

Are You Experiencing ...

- Problems in your relationships with family and friends
- Problems at work
- Legal and/or financial troubles
- Physical and/or mental health problems

First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.

All counseling services are confidential in compliance with the law.

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee
& Family

Member Services