AIMS FOR ANGER MANAGEMENT

AIMS for Anger Management (AIMS) is a **free, easy-to-use mobile application**. It was released by the Department of Veterans Affairs (VA) for Veterans and Servicemembers in 2017. AIMS, which stands for Anger and Irritability Management Skills, can be used by anyone to cope with angry reactions. You can find tools to help manage irritability and make a plan for when you get angry. AIMS is not meant to replace professional care.

IS AIMS FOR ANGER MANAGEMENT FOR ME?

If anger is getting in the way of your success, your relationships, or your happiness, the AIMS for Anger Management app can help. Not sure if the app is for you? Take the app's short **Anger Quiz** to find out if it can help. Browse the Tutorial to learn more about how AIMS works. Both the Anger Quiz and the Tutorial can be found in the app's menu.

LEARN ABOUT ANGER

Browse a series of short articles, on topics like:
- How do anger habits develop?
- What are anger triggers?
- What is the agression cycle?

TOOLS TO TRY

The AIMS for Anger Management app can help you learn to be more in control of what you say and do when you are angry. Try the app's evidence-informed self-help tools to help manage anger, including:
- Deep breathing exercises
- Taking a time out
- Mindfulness practices

ANGER LOG

Use the **Anger Log** to quickly and easily record when you feel angry. Make note of what triggered your anger and which tools helped you feel better. Set a reminder on your device to use the Anger Log and practice using the tools.

MAKE A PLAN

You can develop a personalized anger control plan to help manage your reactions to difficult situations. Use the **Anger Control Plan** to:
- Set personal goals for controlling your anger
- Record your anger triggers and warning signs
- Identify tools you find helpful and take notes to help yourself stay on track

GET SUPPORT

You can use the AIMS for Anger Management app to directly connect with resources that offer support. You can also personalize this section by adding contact information for people you trust.

REFERENCE

Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth.* doi:10.21037/mhealth.2018.05.07

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

For more information, visit:
www.ptsd.va.gov/appvid/mobile
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