

## ASSERTIVENESS, ANGER & STRESS MANAGEMENT

### **The Art of Assertiveness** (Video 1323) 1998; 20 min

Audience: adults

Synopsis: Through several short vignettes, four different styles of communication are illustrated: passive; aggressive; passive-aggressive; and assertive. The video opens with a passive man who is intimidated by his supervisor. Later, a woman demonstrates passive-aggressive behaviour using sarcasm in an argument with her husband. Then an angry man exhibits aggressive behaviour as he shouts and slams his keys down. Such scenarios are replayed with the characters using different communication styles to respond to identical circumstances. Viewers see how the different ways of relating to others can lead to different outcomes in relationships. This video identifies several aspects of assertive behaviour: using direct eye contact; having a relaxed body posture; using appropriate gestures; using "I" messages to avoid blaming; and expressing feelings honestly. It also outlines why assertive behaviour is considered the ideal form of communication: it is honest, direct, least likely to be misconstrued, and it is connected with healthy self-esteem.

### **Anger: You Can Handle It** (Video 2118) 1995; 24 min

Audience: students aged 12 to 18 years

Synopsis: This video uses dramatisations to highlight three different aspects of angry behaviour. The first is "anger triggers," those situations that might have one person become enraged may not concern another. Recognising triggers, according to this program, is the first step in managing anger. The second aspect is the style of anger. The different ways that people express anger may include violence, vandalism, withdrawing or retaliation. Taking action is the final step. The drama of a volleyball game is used to present a series of suggestions: cool off, assess the situation, and plan constructive action. The video argues though that some situations cannot be resolved and must simply be accepted as reality of making difficult decisions.

### **Defusing Hostility** (Video 2207) 1989; 45 min

Audience: health professionals; front line workers; Detox attendants

Synopsis: This program uses a series of dramas to highlight examples of everyday encounters that may turn angry or potentially violent. Scenes take place on a bus with an intoxicated passenger, with a bank teller, a business receptionist, in a welfare office, and in a pharmacy. Each drama is analysed, showing how body language, environment and attitudes of those involved contribute to the development of hostility. Some scenes are re-enacted to show how they could have different outcomes.

### **H.A.L.T. A Relapse Prevention Guide** (Video 1328) 1992; 23 min

Audience: drug users and others in recovery

Synopsis: This handy acronym HALT is a device for reminding people in recovery to make time for self-care. The initials stand for hungry, angry, lonely and tired. The narrator recommends monitoring all four of these physical and emotional states whenever an urge arises to use drugs. The experience of just one of these states may increase the risk of relapse, but if three or more are experienced at the same time, relapse may be the consequence. The program offers straightforward advice for handling problems in each area. Viewers are reminded that recovery is never easy or simple, and that working on life problems can take time.

### **Humour Your Stress** (Video 2242) 1996; 59 min

Audience: general adult

Synopsis: Loretta LaRoche, the self-appointed "Master of Mirth" presents her off the wall take on stress management, cognitive behavioural therapy with laughs. The program is divided into three general areas punctuated by audience exercises. She defines stress, poking fun at our over-scheduled lives; talks of the "the way we were" and the extended family, the pleasures of food and friends. In conclusion she provides the eight steps to "en-lightenment:" seeing the humour in everyday situations; finding the "bless in the mess," "stop to-doing" and start "ta-dahing!"