

## **ASSERTIVENESS, ANGER, & STRESS MANAGEMENT**

### **The Art of Assertiveness** (Video No. 1323) 1998; 20 min

Audience: adults

Synopsis: "For those in recovery, communicating assertively is a good skill to learn," says the narrator of this video. 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 No. 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.

### **Be Your Best Self: Assertiveness Training** (Video No. 907) 1989; 26 min, teacher's guide

Audience: 15-18 years old; adults

Teens in an assertiveness training group learn how to achieve their best self through constructive, assertive behaviour. Group members bring examples of situations where they did not act in their own best interest, such as riding in a car with a driver who has been drinking. With coaching from group members and the leader, role-play situations are demonstrated. Using assertiveness techniques they show how to make and stick with their own decisions; how to say no without justifying it; to change their minds if they have made a mistake; how to make or refuse a request; and to differentiate between assertiveness and aggressiveness. Although most of the people in this video are older teens, adults can benefit from it as well.

### **H.A.L.T. A Relapse Prevention Guide** (Video No. 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 No. 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!"

**The Nature of Things: Living With Stress** (Video No. 2106) 1992; 46 min

Audience: general

Synopsis: David Suzuki narrates this program on the high stress life-style of urban life. For our ancient ancestors living in small groups and communities, the natural responses of the body to stress helped to ensure survival. This video argues that the stresses of modern life are contributing to illness and turning our immune responses against us. Mention is made of the effect of stress on the progress of HIV illness.

**Peace Talks Series, 1997**

These videos are from a series of filmed discussions with teenagers hosted by Michael Pritchard where the overriding message is making the world a safer place. His hope is that these discussions will act as wake-up calls and encourage teens to change their attitudes and behaviour.

Audience: secondary students

• **Managing Your Anger** (Video No. 1356.1) 30 min

Synopsis: The main topic is anger, how it starts, how it gets out of control and what can be done to manage the feeling better.

• **Alcohol, Drugs and Guns: Triggers To Violence** (Video No. 1356.2) 27 min

In 1356.2, the focus is on the dangerous mix of teenagers, alcohol and drugs, and guns, particularly at parties and other social events. The videos are basically edited versions of discussions carried out in various cities across the United States. The format is simple: Pritchard asks straightforward questions of his participants and how they feel about what happens. In between discussions, he turns to the viewer and summarises what he hears.

**Progressive Muscular Relaxation** (Audio No. 5000A) 1992, 43 min

Audience: general

Synopsis: Progressive Muscular Relaxation is a technique that can be used to help relieve symptoms of stress. Natural feelings of nervousness and tension may arise through anticipation of a novel situation, for example, a job interview or meeting new people. This audiobook presents a simple way that with practice can reduce stress levels aid in achieving restful sleep or be used as a substitute for alcohol or drug use.

**Say Yes! Healthy Choices For Feeling Good** (Video No. 996) 1991; 30 min

Audience: adults

Synopsis: A narrator walks windswept beaches, talking about healthy lifestyle choices. Vignettes illustrate the points he makes. Following are testimonials from people, espousing healthy alternatives to drinking and drug use, especially a high level of physical fitness. The video advocates moderation and identifies problem use. The emphasis is decidedly on personal choice.

**Short Circuiting Stress: Changing the Way You Think** (Video No. 1383) 1993; 17 min

Audience: workplace; adults

Synopsis: Dr. Robert Eliot from the Institute of Stress Management presents restructuring techniques for countering stress. These five cognitive-behavioural are familiar in therapy where changing the way you think changes the way you feel, hence the application in stress management. Short clips from the Frank Capra film *It's a Wonderful Life* illustrate the main points.

**Sick Of Stress** (Video No. 1102) 1989; 23 min

Audience: general adult; secondary students

Synopsis: Dry mouth, sweating palms, pounding heart: these symptoms are typical of the body's "fight or flight" response to anticipated physical or mental distress. This video suggests controlling such stress is crucial to maintaining good health. A variety of stress reduction techniques are

outlined: biofeedback, meditation, conscious breathing, point-by-point relaxation and exercise. Also emphasised is the importance of maintaining a positive mental attitude by "living in the present." Included is a scale that viewers can use to rate their stress levels.

**The Test Of Your Life** (Video No. 2115) 1993; 48 min

Audience: general; adult

Note: A copy of the questionnaire is available on request and may be copied.

Synopsis: The hosts of this program ask viewers 25 lifestyle questions. Asserting, "only one person is in charge," they discuss ageing, stress, gender and behaviour differences in longevity and the genetic factors in disease. Also examined is the place of laughter, physical intimacy, exercise, smoking, and alcohol consumption on health. The questionnaire should be filled out before viewing the video. The questions are scored during the showing and evaluated at the end of the program.

**Understanding Anger** (Video No. 1130.1) 30 min

Audience: people in treatment; health professionals

Synopsis: This module is from the Rational Emotive Therapy series. Pablo has come home in an irritable mood. When his wife calls to say she is helping a neighbour, he becomes infuriated with her and his son. It becomes apparent that he has been passed-over for a promotion at work. When his wife arrives home later, he is still angry. She helps him to remember what he must do to remain rational and in touch with his feelings, particularly in response to situations over which he has no control. Although not getting the promotion was disappointing, Pablo is learning not to turn against his family. Other titles in the RET series are Anxiety & Worry; Depression; Perfectionism; Shame; Guilt; Grief; Self Esteem.

**When Anger Turns To Rage** (Video No. 1271) 1995; 28 min

Audience: students aged 8 to 14 years; parents; teachers

Synopsis: The video begins with a confrontation between two students, centred on a dispute over a rock concert ticket. Because Karen feels cheated she vows revenge, which she carries out by stealing Lindsey's homework due that day. This only serves to escalate the animosity and a fight ensues which brings the intervention of a teacher. Three other dramatisations illustrate ways in which lead to the inappropriate expression of anger. Though this often grants immediate satisfaction, but the situation is not resolved and feelings of remorse often follow. Eventually a teacher who has observed a number of incidents takes the opportunity to discuss these issues with the students. She introduces the concepts of self-talk and time-out as ways of handling the initial "get even" impulse. A practical demonstration of anger expressed constructively results when the students organise a protest of the proposed closure of a popular recreation centre.

**When the Mind Causes Pain** (Video No. 2529) 2004; 20 min

Audience: general

Synopsis: When your body knows "you're anxious or depressed before you do," the mind may experience it as pain. MD Rollin Gallagher outlines the physiology of pain and Aaron Beck presents the treatment concepts of Cognitive Therapy. Judith Beck demonstrates the techniques to manage pain and depression.

**Why Are You So Angry?** (Video No. 1134) 1991; 33 min

Audience: drug users; workplaces; health professionals; general adult

Synopsis: Annie puts on a conciliatory attitude even when her husband forgets about a date they have planned, but the anger she feels turns to depression and over-eating. Charlotte feels discriminated against at work because she is black; she takes it out on her son, excessively criticising him for a poor grade. In dramatised case studies, Annie, Charlotte and others learn how to understand their anger and to act more constructively. A narrator explains that suppressed or misdirected anger is often a factor in substance abuse and violence. Strategies for managing anger are described and demonstrated.