



Community Mental Wellness Association of Canada

加拿大社區情緒健康協會

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2018 March Free Monthly Mental Health Education Presentation

2018 年 3 月免費精神健康教育講座

Topic: Anger & Anxiety

主題：認識憤怒與焦慮



Date: Saturday, March 17th, 2018 12:30pm – 1:30pm

日期：星期六 2018 年 3 月 17 日 下午 12:30pm – 1:30pm

Speaker / 講者: Bessie Wang, BC Registered Clinical Counsellor

王玥, BC 註冊心理諮詢師, 輔導心理學碩士

Anger, when out of control, can be a debilitating problem that can impair quality of life, sabotage relationships and hinder personal and professional development.

Experiencing some anger is completely normal, however when it gets unpredictable and unmanageable. It may be indicative of a larger unresolved problem relating to unaddressed anxiety, depression, codependency, situational or family stress as well as other mental health issues.

憤怒是一種完全正常的，通常是健康人也會有的情緒。但是，當它失去控制，變成有破壞性的時候，它可能導致工作問題，影響人際關係，降低你的生活整體質量。它可以使你覺得好像你在受到一個不可預知，強大的情緒支配。

Anxiety means inherent conflict, emotionally or psychologically, which triggers irrational feelings of anxiety or fear. Anxiety may be generated in particular case, or may also be inertia or common feelings.

焦慮是指由於情緒或心理的內在衝突，並引發憂慮或恐懼的非理性情感。焦慮可能在特定的情況下產生，也有可能是慣性或常見或普遍的一種情緒。

