

When Anger & Stress Erupts: How to Help Regulate

Ruptures are situations that occur in relationships that bring tension. Following ruptures, it's important to focus on how to repair relationships.

Roots = activities and/or people that help to down regulate or ground us

Wings = activities and/or people that help us to up regulate or give us energy



Anger Volcano represents the cycle of anger. **Build up => Outburst=> Release**

Goal is to get to the release without the outburst

- Recognize escalating levels of stress and anxiety
- Use "roots & wings" to help calm, regulate, and regain sense of control

Reflections:

1. What are your wings? What gets you going?
2. What are you roots? What are the things that ground and calm you?
3. Walk through your own anger/stress volcano. Think of something that you may experience in the classroom that triggers stress or anger. How can you use your "roots & wings" to remain calm and regain a sense of control?

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Resources

Videos:

- [When Anger & Stress Erupts: How to Help Regulate by Mary Vicario](#)
- [How Childhood Trauma Affects Health Across a Lifetime by Nadine Burke Harris](#)

Handouts:

- [When Anger Erupts: Resilience-Based Strategies For Rupture & Repair](#)

Podcasts:

- [Angela Watson's Truth for Teachers: EP142 A crash course on trauma-informed teaching on Apple Podcasts](#)

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