

## Coping with DACA and Immigration-Related Stress

<p><b>Breathe:</b> When feeling nervous, anxious, or stressed, you should pay attention to your breathing. Breathing deeply, slowly, and mindfully may help the nervous system calm down.</p>	<p><b>Think about your strengths:</b> Make a list of your strengths, skills, successes, and the ways that you are a resilient and worthy human. Read this list whenever you hear something offensive about immigrants.</p>	<p><b>Focus on what is under your control:</b> While immigration policy may not be entirely under anyone's control, there are many things that you can control in your life at the moment. Focus on these things, no matter how small.</p>
<p><b>Identify safe people and spaces:</b> Think through the people and places that make you feel safe. These are people whom you can contact in case of an emergency, and places of unconditional support and sanctuary.</p>	<p><b>Make a safety plan:</b> Make an emergency plan in case of the worst. This may include saving emergency money, arranging guardianship of small children in case of separation, getting legal support, and knowing your rights if immigration officials approach you.</p>	<p><b>Be in community:</b> Spend time with community, friends, and family who accept you the way you are. Go to places where immigrants are welcomed, and where the cultures of immigrants (languages, music, food, etc.) are celebrated and appreciated.</p>
<p><b>Mindfully disconnect:</b> Create time and space to mindfully disconnect from anything related to immigration policy. Your mind and body need regular and ongoing breaks from constant stress.</p>	<p><b>Allow time for joy:</b> It is ok to allow yourself to feel joy and happiness whenever you can. The stakes of changing laws and decisions are very high, yet there is much to appreciate and enjoy in the present day.</p>	<p><b>Explore your identity:</b> You are more than your immigration status. Take some time to explore other aspects of your identity and to connect with parts of yourself that help you feel pride.</p>
<p><b>Share what you know:</b> You already have many coping tools that have helped you get this far. Share them with others, and also learn from what helps others cope and thrive.</p>	<p><b>Surviving is resisting:</b> Taking care of yourself and surviving day to day are acts of resistance. Focus on meeting your basic needs and supporting those around you.</p>	<p><b>Trust the movement:</b> There is a movement energized by students, activists, allies, policymakers, and leaders who are fighting every day. Join when you can, and when you can't, simply trust the collective.</p>

## **Mental Health and Wellness Resources for Immigrants**

*Informed Immigrant:* **Mental Health**

<https://www.informedimmigrant.com/guides/mental-health-taking-care-of-yourself-loved-ones/>

*Informed Immigrant:* **Know Your Rights**

<https://www.informedimmigrant.com/guides/know-your-rights/>

*Informed Immigrant:* **Find Legal Help**

<https://www.informedimmigrant.com/service-organization-search/>

*United We Dream and National Latinx Psychological Association:* **Mental Health in the Post-DACA Era**

[https://unitedwedream.org/wp-content/uploads/2017/10/F\\_NLPA-UWD-Mental-Health-Resources.pdf](https://unitedwedream.org/wp-content/uploads/2017/10/F_NLPA-UWD-Mental-Health-Resources.pdf)

*American Psychological Association:* **Immigration Resources**

<https://www.apa.org/topics/immigration/>

**Lifeline**

**1-800-273-8255**

**Lifeline Chat**

**[suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat)**

**Ayuda en Español**

**1-888-628-9454**

**If in an Emergency, Call**

**9-1-1**