

How to Support Students Experiencing Anxiety

A resource for educators supporting undocumented students and students from mixed-status families who are experiencing trauma & anxiety

1 RECOGNIZE THE CYCLE

Anxiety not only impacts students at the individual level, but can affect the whole classroom ecosystem. Is one of your students more withdrawn than usual? More boisterous? How are their peers reacting?

2 INVOLVE THE WHOLE CLASSROOM

Start or end your class with light meditation or deep breathing. Utilize grounding techniques that involve the entire classroom.

Some suggestions:

- [UCLA Meditations](#) in English & Spanish
- David Grand music on Spotify
- “Meditaciones” in Apple Podcasts or on Spotify
- Diaphragmatic Breathing on YouTube (or any breathing exercise)
- Encourage Body Movement at the start, middle or end of class (even virtual sessions)
- Relaxation app suggestions are available at the [Latinx Therapy website](#)

3 TAKE BREAKS

Dedicate time during the day for students to talk about or bond over things happening beyond schoolwork and what they’re hearing in the news. You can also create opportunities for students to socialize or work together in break out groups. Encourage all physically able students to stand up and stretch throughout the day--even if your class is over video!

4 MANAGE EXPECTATIONS

During particularly stressful or triggering moments, students are often not able to do their best work. Know that most students are doing everything they can and recognize their efforts. Consider being lenient with deadlines and other expectations.

Visit [Tolerance.org](#) to learn more about using a trauma-informed approach to support students and visit [Latinx Therapy](#) for additional mental health resources.

**Informed
Immigrant**

