**BREATHE:**

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.

Resource from *Coping with Immigration-Related Stress* by Dr. Germán A. Cadenas, Ph.D.

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**THINK ABOUT YOUR STRENGTHS:**

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.

Resource from *Coping with Immigration-Related Stress* by Dr. Germán A. Cadenas, Ph.D.

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**FOCUS ON WHAT IS UNDER YOUR CONTROL:**

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.

Resource from *Coping with Immigration-Related Stress* by Dr. Germán A. Cadenas, Ph.D.

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**BE IN COMMUNITY:**

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.

Resource from *Coping with Immigration-Related Stress* by Dr. Germán A. Cadenas, Ph.D.
MAKE A SAFETY PLAN:

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.

Resource from *Coping with Immigration-Related Stress* by Dr. Germán A. Cadenas, Ph.D.

IDENTIFY SAFE PEOPLE AND SPACES:

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.

Resource from *Coping with Immigration-Related Stress* by Dr. Germán A. Cadenas, Ph.D.

MINDFULLY DISCONNECT:

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.

Resource from *Coping with Immigration-Related Stress* by Dr. Germán A. Cadenas, Ph.D.

EXPLORE YOUR IDENTITY:

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.

Resource from *Coping with Immigration-Related Stress* by Dr. Germán A. Cadenas, Ph.D.
ALLOW TIME FOR JOY:

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.

Resource from Coping with Immigration-Related Stress by Dr. Germán A. Cadenas, Ph.D.

SHARE WHAT YOU KNOW:

You already have many coping tools that have helped you get this far. Share them with others, and also learn from what helps them cope and thrive.

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SURVIVING IS RESISTING:

Taking care of yourself and surviving day to day are acts of resistance. Focus on meeting your basic needs and supporting those around you.

Resource from Coping with Immigration-Related Stress by Dr. Germán A. Cadenas, Ph.D.

TRUST THE MOVEMENT:

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.

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