

Caring For Ourselves in Stressful Times

Support for Families Impacted by Immigration Stressors

This is an optional tool for you to reference. Please contact your school directly for support.



You Are Not Alone

Immigration status and enforcement can bring fear, anxiety and deep uncertainty. Your thoughts and feelings are valid. You are worthy of support, healing and hope.



Understanding the Impact of Stress

Stress lives in our bodies and impacts our mental, physical and emotional wellbeing. You may notice:

- Headaches, fatigue, trouble sleeping
- Upset stomach, tense muscles, fast heartbeat
- Feelings such as sadness, anger, frustration, anxiety and/or irritability



Digital Detox

It's okay to take breaks from the news and social media. Limiting screen time can help reduce stress and support overall wellbeing. You can stay informed without feeling overwhelmed.



Practice Breath and Grounding Techniques

Breathwork and grounding techniques are powerful, accessible tools that help reduce stress and anxiety, improve mental focus and clarity, enhance emotional regulation and support your physical health.

Try
this:

- **INHALE** for 4 counts
- **HOLD** for 4 counts
- **EXHALE** for 4 counts
- **REPEAT!**



Daily Self-Care Plan

A self-care plan helps you build healthy routines, reduces stress, boosts focus and proactively builds in ways to recharge and cope by making your wellbeing a daily priority.

I am grateful for: _____

What is ONE way I can care for my body today?

A small joy I noticed or felt today?

Who is ONE person I can connect with today?

If you are safely able to:

- **Connect With Loved Ones**
Talk, laugh, cry, share stories.
Connection is healing.
- **Enjoy Nature, Music, Spiritual/Cultural Practices**
Even a few minutes a day can shift your mood and help bring calm.



Resources and Support

Legal Resources

[Red Cards](#)

[Know your Rights - app](#)

[ACLU](#)

[LA County Non-Profit Legal Service Providers](#)

[Legal Aid Foundation of L.A. Immigration Referral List](#)

Behavioral Health Supports

[988](#) - 24/7 suicide and crisis lifeline

[Step-By-Step Family Preparedness Plan](#)

[BrightLife Kids](#) - Free behavioral health support
888-275-5357

Additional Supports

[LACOE Immigrant Relations & Services](#)

[LACOE Supporting Immigrant Students and Families Toolkit](#)

[LA County Office of Immigrant Affairs](#)