**Common Reactions to the Repeal of DACA**

In light of the administration’s repeal of DACA, many students are experiencing fears about deportation not only for themselves but also for their loved ones and other members of their community. Many of these concerns are not new to undocumented students. In fact, they have lived with threats of deportation, racial discrimination and harassment, and other conflict because of their identity for some time and have learned how to survive and thrive despite these injustices.   
  
To survive and thrive amidst these pressures, students need to be able to recognize the common signs and signals of distress, pay attention to these signals, and actively employ strategies to reduce their distress. Furthermore, making regular time for self-care and reaching out to support and care for one another will build a strong foundation of resilience.

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| *Common symptoms of distress*   * Anxiety/fear * Irritability/anger * Depression * Social withdrawal * Physical symptoms (nausea, racing heart, headaches, etc.) * Trouble focusing * Loss of motivation * Sleep difficulties * Feeling unsafe | *Signs that you are more than stressed*   * Repeated vivid memories, flashbacks * Nightmares * Intense fear that doesn’t stop * Easily startled * Tense/on edge most of the time * Shock, numbness * Guilt * Avoidance * Dissociation (sensation of “not being there”) |

**Mental Health Resources Other Support Resources**

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| **UNC Charlotte Counseling and Psychological Services (CAPS)**  704-687-0311 caps.uncc.edu | **UNC Charlotte Dean of Students Office**  704-687-0345  www.dso.uncc.edu |
| **National Immigration Law Center**  www.nilc.org/mental-health-and-civil-rights-resources/ | **UNC Charlotte Multicultural Resource Center**  704-687-7121  mrc.uncc.edu |
| **UndocuHealth Project Mental Health**  www.defenddaca.com/resources/mental-health-resources/ | **Charlotte Center for Legal Advocacy**  704-376-1600 (English) 800-247-1931 (Spanish)  www.lssp.org |
| **UndocuBlack Network Mental Wellness**  www.undocublack.org/undocublack-blog/ | **Latin American Coalition**  704-531-3848 www.latinamericancoalition.org |
| **Queer Undocumented Immigrant Project**  www.unitedwedream.org/about/projects/quip/ |  |

**How can I foster resilience and cope with my distress?**

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| * **Pay attention to the signals of distress** – Think of these symptoms as the early warning signs that tell you to stop and take a moment to consider how to handle whatever is going on. By attending to these early signs you may be able to prevent yourself from feeling much worse later. |
| * **Practice good self-care** – Taking care of your mind and body will help reduce stress and build resilience. Exercising, eating a balanced diet, and getting plenty of rest are essential, though at times we recognize it can be a challenge. |
| * **Join circles of support** – Finding support from others who experience similar concerns helps students to feel understood, cared for, and a sense of greater safety. Sharing your thoughts and feelings about your experience can provide an important opportunity to redefine your narrative and feel more empowered. |
| * **Find ways to get back to your routine of being a student** – Your routine can create purpose and structure in your day and can feel stabilizing in an unstable time. Be aware though that it will be beneficial to be patient with yourself as you might find that you are not able to attend to as many things or attend to them as quickly. |
| * **Hold onto tradition and your culture’s history of resilience** – Hold onto your roots and history by keeping at least one tradition alive. Tell old stories that bring comfort again and again. Cook a family recipe. |
| * **Find sources of hope and practice gratitude** – look to what inspires you – music, books, people – to help you find strength and bring you some sense of peace each day. Look around you each day. Take note and appreciate the positive things and people in your life. |
| * **Tap into your faith / spirituality if this is important to you** – Engaging in prayer and connecting to your spiritual beliefs can provide you a sense of higher purpose and help to solidify your resolve in these trying times. |
| * **Turn your energy into activism if you feel that you can** – For some students, getting involved in social justice organizations and other advocacy efforts helps them to feel more control and efficacy. Make sure to take time to step away from this when you need to, as it can also feel overwhelming to be immersed in this work and it can sometimes feel unsafe. Take a break and come back. |
| * **Know your rights and resources** – Staying informed can help you keep yourself safe and provide a sense of “being in the know” in an uncertain time. We recommend looking at the following:   www.aclu.org/know-your-rights/know-your-rights-about-daca www.nilc.org/issues/daca/ |
| * **Establish an emotional ritual -** Create a daily ritual for safety that has personal meaning to you and brings about comfort. It could be playing special music, lighting a candle, wearing your comfiest pajamas or making yourself a cup of tea. |
| * **Figure out things you can control and find ways to work toward letting other things** go - Staying immersed in worry only serves to compromise your health and make you less resilient to challenges that come your way. Being active and working toward your goals and other things you control can give you hope. |