# DACA Mental Health Coping Guide

- **Deep breathing**
  - Inhale slowly through your nose, into your belly. Hold for 3 secs. Exhale through mouth.

- **Progressive muscle relaxation**
  - Starting from your head, tense a muscle for 8 sec and let go. Repeat until you get to your toes.

- **Use of ice or extremely cold water**
  - Use ice or extremely cold water on your body. Hold ice in your hand. Wash face with ice water. Cold shower.


- **Self-Compassion about your current struggle. “This is heavy. This is hard for me. Let me be kind to myself.”**

- **Acknowledge your thoughts and give yourself the space to worry for 10 minutes. Then focus on the present moment.**

- **Stay informed so you have the real facts about the law, your rights and agencies where you can seek assistance. Speak with a trusted immigration lawyer.**

- **Create Coping Cards to address your worthiness, remind yourself of your internal resources and all the people/groups who are working hard toward your cause.**

- **Simply put, you matter. You are worthy of human dignity and respect. You are resilient. You can do hard things. You are worthy of rest and self-care. Let your soul guide you.**

- **Imagine the worse thing happening.**

- **Picture yourself getting through it.**

- **See yourself coping through it.**

- **Imagine yourself problem solving and making the best out of this catastrophe.**

- **Imagine yourself Self-Caring, self-loving and accepting yourself through it all.**

- **Get any type of box. Fill it with reminders of hope, faith and anything that helps you cope with distressing feelings.**

- **Add self-soothing items that can help you ground or stay present.**

- **Add emergency or distracting or feel-good items for you to use in an emotional crisis. Keep emergency numbers and your safety plan here for you to use.**

- **Add your Reasons for living, reasons I’m worthy, reasons to keep going, reasons to not give up, reminders of goals and personal mission statement here.**

- **Suicide Prevention Hotline Number: Call 1-800-273-8255**

www.sofiamendozalcs.com  
@mendingrootstherapy