

INTRODUCTION

Undocumented journeys are not all the same. We all bring along our unique and multidimensional identities and perspectives as we forge a path through uncharted territories toward a better future. Nonetheless, there are high and low points along this path that are shared by many of us. We hope that this resource will help, encourage, inspire, and accompany you in this journey.

In the fight with you,
The Thrive Center

PUSH BACK AGAINST UNHELPFUL THOUGHTS



- Stressors of illegality and the anti-immigrant climate can lead to unhelpful thoughts like: “I am not good enough,” “Things will never get better,” or “The world is unsafe.”
- Instead, inject some realistic positivity into the unhelpful thought. Try saying to yourself: “The world appears to be unsafe at the moment, but I can find or create a space that is safe for me with trusted others and loved ones.”

CARE FOR YOUR PHYSICAL HEALTH



- Push against fear of seeing a doctor. Create new health habits by building accountability around you. For instance, create a buddy system of people you can trust who can, if necessary, push you to seek preventive health care.
- Be aware of policies and how they might impact you and your family’s health. The Public Charge Rule does NOT affect you or your kids.

ENGAGE YOUR COMMUNITY



- Identify your interests and passions. Find groups in your area that align with your interests, talents or strengths, and join in. This world needs you. Take the initiative!
- Remember, as you engage your community, you are also expanding your social support network. Win-win for all!

LET GO OF SURVIVOR’S GUILT



- Recognize that being in a position of privilege (e.g., having DACA) amid much need can evoke guilt, feelings of inadequacy, and lack of worth.
- Openly share your strong and mixed emotions with trusted others. Embrace your value. Use your power and strengths to bring positive change for others.

NURTURE YOUR CREATIVITY



- There are excellent examples of undocumented and DACA folks who are pursuing diverse and exciting opportunities, and seeking out unique ways to reach their goals. Be inspired and find your own way!
- Creativity requires that we convert our energy and hope into action. Be informed about laws and practices that may support your dreams. Hustle!

SEEK AND MAINTAIN HEALTHY RELATIONSHIPS



- While we may have reasons to distrust others, we can often second guess ourselves in allowing others into our lives. Strive to reach out and connect!
- Be aware of some red and green relationship flags as you reach out to potential friends, mentors, community groups (e.g., faith communities).

DEALING WITH STRONG AND MIXED EMOTIONS



- Grief and despair are often normal responses to very difficult situations. Give yourself permission to feel. Allow yourself time and space to grieve!
- Be mindful when you need help. Make sure to reach out to friends, family, or a professional before you are immobilized by strong emotions.

EMBRACE YOUR FAITH AND SPIRITUALITY



- Our undocumented life experiences can lead to existential crisis and doubts. Embrace the strengths of your family heritage and cultural pride to find meaning and be reminded of your purpose in life.
- Nurture your spirituality, faith, and appreciation of a higher purpose in life.

MOVE FORWARD WITH A VISION FOR THE FUTURE



- It’s hard to move forward amid challenges and adversities, but you can make positive meaning of your experiences and develop habits that foster growth and resilience.
- In these times, remind yourself that you are more than a survivor and more than your legal status. You are unique and special. The world needs you!

ACKNOWLEDGEMENTS

This resource was developed by Dr. Lisseth Rojas-Flores, Norma Ramirez, and Andrea Gonzalez, with the feedback of several courageous and wise DACA folks across the nation and psychology doctoral students at the Fuller Graduate School of Psychology.

If you found this resource helpful, please share freely and widely.

We welcome your feedback. Please contact us at thrivecenter@fuller.edu