

For more detail, resources, and informational videos, please visit:

[www.thethrivecenter.org](http://www.thethrivecenter.org)



### MOVE FORWARD WITH A VISION FOR THE FUTURE

Uncertain times often trigger a sense of losing control. Anchor yourself by envisioning a future where you can reach your full potential. Envision several paths and map out creative ways to circumvent obstacles.

### EMBRACE YOUR FAITH AND SPIRITUALITY

Tap into spiritual, religious, or mindfulness practices to ground yourself and expand your ability to cope with stress and disappointment.



### DEALING WITH STRONG AND MIXED EMOTIONS

Loss, grief, and despair are strong emotions often evoked by the many challenges faced by the undocumented community. Strive to accept your emotions without passing judgment and find healthy ways to deal with them.

### SEEK AND MAINTAIN HEALTHY RELATIONSHIPS

Be open to seeking and nurturing healthy and supportive relationships. We all are, after all, relational beings!



### NURTURE YOUR CREATIVITY

Creativity is not limited to artistic abilities, but can be expressed by finding unique ways to reduce fear and bypass obstacles as you move forward.

### LET GO OF SURVIVOR'S GUILT

Survivor's guilt and imposter syndrome feelings can drag you down. Remember to unpack and unload frequently.



### ENGAGE YOUR COMMUNITY

Engage and uplift your community with your talents and passions. Healing happens in community.

### CARE FOR YOUR PHYSICAL HEALTH

Chronic stress can tax your health. Be intentional about prioritizing your health!



### PUSH BACK AGAINST UNHELPFUL THOUGHTS

Thoughts influence how we feel and behave. Recognize and challenge your unhelpful thoughts to calm yourself in moments of distress.



Multidimensional Identities of the 1.5 Undocumented Generation

## EMBRACING STRENGTHS & VULNERABILITIES

For Thriving and Resilience

