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.

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

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

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

CARE FOR YOUR PHYSICAL HEALTH

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

PUSH BACK AGAINST UNHELPFUL THOUGHTS

Embracing strengths & vulnerabilities

Multidimensional identities of the 1.5 undocumented generation

1. Gender
2. Legal status
3. Migration history
4. Mental health
5. Caring relationships
6. Ability status
7. Sexual identity
8. Culture

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

ENGAGE YOUR COMMUNITY

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

LET GO OF SURVIVOR’S GUILT

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.

NURTURE YOUR CREATIVITY

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.

DEALING WITH STRONG AND MIXED EMOTIONS

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

EMBRACE YOUR FAITH AND SPIRITUALITY

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

SEEK AND MAINTAIN HEALTHY RELATIONSHIPS

Care for your physical health

For Thriving and Resilience