



sofia  
MENDOZA,  
LCSW

MENDING ROOTS THERAPY

# DACA

## MENTAL HEALTH COPING GUIDE

www.sofiamendozalcsw.com  
@mendingrootstherapy

<p><b>BODY</b></p> <p>DBT, CBT, Trauma Informed Skills</p>	<p>Deep breathing Inhale slowly in through your nose, into your belly. Hold for 3 secs. Exhale through mouth .</p>	<p>Progressive muscle relaxation. Starting from your head, tense a muscle for 8 sec and let go. Repeat until you get to your toes.</p>	<p>Use of ice or extremely cold water on your body. Hold ice in your hand. Wash face with ice water. Cold shower.</p>	<p>Intense exercise. Fitness. Recreation. Stretching. Going for a walk. Getting a massage. Yoga. acupuncture.</p>	<p>Laughter. Use your five senses to ground yourself. Sight. Smell. Touch. Taste. Hear. Hydrate. Eat. Treat physical illnesses.</p>
<p><b>THOUGHTS</b></p> <p>ACT, CBT Skills</p>	<p>Self-Compassion about your current struggle. "This is heavy. This is hard for me. Let me be kind to myself."</p>	<p>Acknowledge your thoughts and give yourself the space to worry for 10 minutes. Then focus on the present moment.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>
<p><b>COPE AHEAD</b></p> <p>DBT Skill</p>	<p>Imagine the worse thing happening.</p>	<p>Picture yourself getting through it.</p>	<p>See yourself coping through it.</p>	<p>Imagine yourself problem solving and making the best out of this catastrophe.</p>	<p>Imagine yourself Self-Caring, self-loving and accepting yourself through it all.</p>
<p><b>HOPE BOX</b></p> <p>CBT, DBT Skills</p>	<p>Get any type of box. Fill it with reminders of hope, faith and anything that helps you cope with distressing feelings.</p>	<p>Add self-soothing items that can help you ground or stay present.</p>	<p>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.</p>	<p>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.</p>	<p>Suicide Prevention Hotline Number: Call 1-800-273-8255</p>