

LifeAdviser Special Edition

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Immigrant families face uncertainty regarding DACA



More Info About DACA

Answers to more complex questions about DACA can be found on the US Citizenship and Immigration Website at <https://www.uscis.gov/archive/frequently-asked-questions>

The Department of Homeland Security has also posted answers to a list of questions about plans to rescind DACA at <https://www.dhs.gov/news/2017/09/05/frequently-asked-questions-rescission-deferred-action-childhood-arrivals-daca>

Professional Help is Available

Tips in this newsletter may help you cope during periods of unrest. At times, however, you may feel stuck or have difficulty managing intense feelings. It's important to reach out and get the support you need. Call CONCERN at **800.344.4222** or go to our website at <https://employees.concern-eap.com> to request work/life services, including consultation with an immigration attorney, or counseling with a licensed professional counselor who can help you develop an appropriate strategy for moving forward. All calls are answered live 24/7.

What is DACA

In 2012, President Obama introduced DACA as an executive action, providing about 800,000 undocumented youth—also known as “Dreamers”—with renewable, two-year work permits and a shield from deportation. To be eligible, applicants had to have arrived in the US before age 16 and have lived here since June 15, 2007.

DACA has given Dreamers a chance to attend college, work, and build lives in the US without fear of immediate deportation. At an average age of 25, many of these young adults know no other country than the US. Without DACA, their status is uncertain.

What happens next

DACA is scheduled to be phased out unless Congress takes action on a legislative fix by March 5, 2018. Without DACA status, Dreamers fear losing—and being unable to renew—their work authorizations. Students may need to drop out of college. And deportation becomes a more tangible possibility.

While no one knows exactly what the future holds, we do know that this action has left many with a justifiable sense of helplessness, uncertainty, fear and possibly anger. These feelings are natural reactions to today's troubling world, where every day seems to bring more questions and greater uncertainty. We hope the following tips are helpful.

Coping with anxiety

Intense feelings brought on by current events can have a direct impact on health and wellbeing (especially among children), potentially resulting in anxiety, elevated blood pressure, and other physical and emotional symptoms.

One helpful way to deal with your emotions is to recognize why you feel the way you do, and not fight your feelings. Demonstrating tolerance and respect toward others is also important, especially when interacting with your colleagues.

Tips to help you manage your stress

Stay informed. Find fact-based, credible resources so you can stay up to date as government initiatives and program status evolves.

Limit exposure to media. Limit the amount of news you take in, whether from the internet, television, newspapers or magazines. Being overexposed can increase stress.

Be supportive. If you know someone who is fearful, reach out and let them know you are thinking of them.

Gather with like-minded friends. Check in on families, friends, coworkers. Host gatherings, create opportunities to socialize and be together.

Exercise your constitutional rights. Peacefully assemble, organize, have your voice heard by elected officials.

Take care of yourself. Eat well, get enough rest, exercise. Try deep breathing, listen to music, play sports, walk in nature.

Tips on what to say to your children

If you're unsure about how to talk to your children, here are a few tips shared on TODAY News by Dr. Gilboa, Child Development Expert

Teach them about how government works.

We have a system of checks and balances so that not even the president can effect substantial change alone.

Look for your values. Go with them to read about the love, acceptance and support that people are already showing.

Spread your own message of inclusion. Tell people you know why your family stands strong in its values of inclusion. Get your kids involved in that work.

Don't lie. Only tell your child that everything is going to be OK if you believe that may be true.

If kids are worried they or their friends will be deported, be honest but optimistic. You can tell nervous children that, though no one knows what will happen for sure, many people believe sending immigrants away would be the wrong thing to do. Remind them they can use the power of their voice to protect others.

If you are having difficulty conducting your every day activities, or if stress is impacting your well-being, consider calling us for additional support. Our trained counselors will explore concerns consistent with your personal values and current situation. Call 800-344-4222 or go to our website at <https://employees.concern-eap.com>



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