

# Managing Strong Emotions During Times of Immigration Enforcement

## Caring for Yourself and Your Community

Immigration enforcement actions, such as ICE raids, can create waves of anxiety, fear, anger, and helplessness, not only for those directly affected, but also for friends, families, and communities who feel uncertain or unsafe. These feelings are real and valid. The following tips can help you care for your emotional well-being and support others during this difficult time.

### 1. Acknowledge and Normalize Your Feelings

Fear, anger, sadness, or numbness are normal reactions to uncertainty and perceived threat. Simply naming what you feel (“I’m scared,” “I’m angry,” “I feel powerless”) helps your brain start to process and manage those emotions.

### 2. Focus on What You Can Control

Reinforce stability with small, practical actions:

- Keep important documents and emergency contacts in one safe place.
- Learn your rights and share accurate information from trusted sources.
- Identify supportive people or community organizations you can reach out to.
- Take breaks from distressing news or social media when needed.

### 3. Stay Connected

Reach out to trusted friends, relatives, faith groups, or community centers. Talking about what you’re feeling or just spending time together can reduce isolation and strengthen your sense of safety and belonging.

### 4. Calm the Body to Calm the Mind

Stress activates the body’s alarm system. Ground yourself with brief, calming activities:

- Slow, deep breathing: inhale through your nose, exhale through your mouth.
- Move your body: walk, stretch, or dance to release tension.
- Listen to music, pray, meditate, or spend time outdoors.

## 5. Support Children and Elders

Reassure loved ones that they are cared for and not alone. Children often sense adult emotions — keep routines where possible, encourage questions, and emphasize love and stability.

## 6. Channel Emotions into Constructive Action

Fear and anger can become fuel for positive steps:

- Volunteer or connect with community advocacy or legal aid organizations.
- Practice compassion: check in on friends, share resources, or offer rides or meals.
- Focus on what builds hope and unity rather than what divides.

## 7. Seek Professional Support When Needed

If emotions become overwhelming or you notice changes in sleep, appetite, or concentration, reach out for help. Confidential counseling is available through:

- Your Employee Assistance Program (EAP)
- Local community mental health centers
- Faith-based or nonprofit organizations

## 8. Remember You Are Not Alone

Communities across the country stand together in solidarity. Healing and resilience grow through connection, care, and shared strength.

### How your EAP can help

If you or a family member need confidential emotional support, legal guidance, or assistance with everyday needs, contact *BeWell by CCA* any time, any day.

*BeWell by CCA*, your Employee Assistance Program (EAP), offers:

- Confidential counseling for you and your family members
- Support for grief, anxiety, fear, or trauma reactions
- Work-life referrals to local mental health and victim support services

To get started:

- Call the Access Line (toll free): **800-833-8707**
- Log on to your **BeWell by CCA platform**