



From Fear to Fuerza: Resilience, Mental Health, and What Helps

Notice the signs of stress...



- Headaches, shoulder ache, upset stomach
- Racing thoughts, trouble sleeping
- Thoughts like, “I don’t know what’s going to happen to my family...”



Time for a reset?



5-4-3-2-1 Senses check: Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste

Deep Breathing:

Inhale 4 sec → Hold 4 sec → Exhale 6 sec

What is in your control?

- Limit news sources
- Social media breaks
- Connect with community, volunteer at church or donate → buy groceries for a neighbor
- self-care without guilt- set time: 1 hr /day



Crisis planning:

memorize 1 phone number, have a trusted lawyer contact, identify safe spaces (e.g., churches), make a “what if” plan



Reminder: Just like washing clothes removes dirt, talking about our fears helps clean them away and makes us feel lighter.