

# Special Edition

2017 Executive Orders Special Edition Newsletter

## Uncertainty caused by Executive Orders

Sweeping new executive orders issued this past week by the Trump administration have sent shockwaves throughout the world, instilling widespread anxiety, fear and uncertainty.

- Ban on immigrants and visa holders from 7 majority-Muslim nations entering US for 90 days
- Bar all Syrian refugees indefinitely
- Reduce funding to “sanctuary” cities that harbor illegal aliens
- Construct a wall along the US Mexico border
- Undocumented immigrants priorities for deportation

### Professional Help is Available

Tips in this newsletter may help you cope during times of political 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** to request work/ life services, including consultation with an immigration attorney, or counseling with a licensed mental health professional who can help you develop an appropriate strategy for moving forward. All calls answered live 24/7.



### Widespread Reaction

Not surprising, the reactions have been swift—and sharply divided. While some are in support of these actions, others are experiencing anxiety and heartbreak, leaving them to question if they will be separated from family and loved ones, or if they will lose their employment and livelihoods. Still others are questioning whether fundamental American values are at stake. Whatever your position, the response is impacting everyone:

- Massive protests in cities and airports nationwide
- Confusion as people try to grasp Washington's new policies
- Angry and divisive language on social media
- Immigrants expressing fears about what the future holds for them and their loved ones
- Uptick in harassment of Latinos, Muslims and other marginalized groups
- Harsh reaction by world leaders; e.g., Iran retaliates, Canada welcomes refugees
- Potential negative impact on high tech industry

## Moving Forward

While the angst is not universal, fear and anxiety are being expressed across the world, nation, and political divides. These fears can have direct health and emotional consequences (especially among children), potentially resulting in anxiety, elevated blood pressure, and emotional trauma.

These feelings are a natural reaction to today's fast-breaking news. 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 towards 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 policies evolve.

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

**Be supportive.** If you know someone who has a particular fear as a result of these executive orders, 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, and 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 big 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 now 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.

*Note: This Special Edition newsletter is intended for informational purposes only, and should not be used to replace professional advice.*