

You and your children are separated at the border of Mexico and California due to the heightened immigration policy.

**Cortisol Points:**

Undocumented Status: 800  
Refugee Status: 800

You have decided to live in Georgia due to a job offer but you are new to the English language which makes it extremely hard to communicate on a daily basis.

**Cortisol Points:**

Undocumented Status: 400  
Refugee Status: 400  
Green Card Holder Status: 400  
TPS Status: 400

Healthcare is only offered by the government if you can prove that you have an income that will support you for at least 2 years in the United States: you are currently looking for a job.

**Cortisol Points:**

Undocumented Status: 500  
Refugee Status: 300  
Green Card Holder Status: 300  
TPS Status: 500

Because of being an immigrant, you have developed resilience due to the hardships that you have faced ranging from acculturation, xenophobia, to adapting to new environments.

**Cortisol Points:**

Undocumented Status: -1,000  
Refugee Status: -1,000  
Green Card Holder Status: -700  
TPS Status: -700

You are defined as an “alien” on a daily basis and do not feel welcomed as a new immigrant in the U.S.

**Cortisol Points:**

Undocumented Status: 800

Refugee Status: 600

Because you are seeking asylum in the United States, you have extended family in the country that you immigrated from and constantly worry about the well being of your family.

**Cortisol Points:**

Refugee Status: 500

You attend an art exhibit which encourages the view that U.S. is a mosaic of different immigrants, rather than a melting pot. People who were not immigrants showed up to this conference to learn more about immigration problems. The art exhibit and the people make you feel accepted.<sup>40</sup>

**Cortisol Points:**

Undocumented Status: -700

Refugee Status: -600

Green Card Holder Status:-100

TPS Status: -700

You have neuroticism and as an immigrant, your perception of acculturative stress from blendedness and cultural harmony is extremely higher than others. You are constantly worried and anxious because you do not feel like you belong.<sup>47</sup>

**Cortisol Points:**

Undocumented Status: 800

Refugee Status: 800

Green Card Holder Status: 800

TPS Status: 800

As an immigrant, you have developed resilience due to the hardships that you have faced ranging from acculturation, xenophobia, to adapting to new environments.

**Cortisol Points:**

Undocumented Status: -1,000

Refugee Status: -800

Green Card Holder Status:-200

TPS Status: -500

You are protected by the Dream Act and Deferred Action for Children Arrivals (DACA) after coming to the United States as a child immigrant. Your steps to naturalization is first, a conditional permanent residence, then lawful permanent residence.<sup>42</sup>

**Cortisol Points:**

Undocumented Status: -900

As a Latino man, you engage in a relationship with a caucasian women which causes fights and deaths from anti-immigrant violence.<sup>32</sup>

**Cortisol Points:**

Undocumented Status: 700

Refugee Status: 700

Green Card Holder Status: 700

TPS Status: 700

In your community in California, there are higher obesity rates within the Latino immigrant population because your family earns lower income and has limited access to healthy and fresh food.<sup>19</sup>

**Cortisol Points:**

Undocumented Status: 200

Refugee Status: 200

Green Card Holder Status: 200

TPS Status: 200

You are in a store shopping for a birthday present but you clearly see that the employees are following your every step and also constantly watching you. You feel uncomfortable and targeted.<sup>38</sup>

**Cortisol Points:**

Undocumented Status: 500  
Refugee Status: 500  
Green Card Holder Status: 500  
TPS Status: 500

You are extremely tired as a single mother working 3 jobs, taking care, and providing for a family of 4 children. Your mental health is starting to diminish.

**Cortisol Points:**

Undocumented Status: 900  
Refugee Status: 900  
Green Card Holder Status: 900  
TPS Status: 900

As a Latinx immigrant, it is extremely hard to get a job promotion due to the lack of education and resources that will help you in the professional workforce.<sup>4</sup>

**Cortisol Points:**

Undocumented Status: 900  
Refugee Status: 800  
Green Card Holder Status: 1,000  
TPS Status: 800

As a college-age Latino immigrant, you face a self-identity crisis and have self-esteem concerns due to acculturation from your ethnic background.<sup>15</sup>

**Cortisol Points:**

Undocumented Status: 900  
Refugee Status: 900  
Green Card Holder Status: 900  
TPS Status: 900

After immigrating to the U.S. as a child, you experience chronic anxiety and post-traumatic stress disorder.<sup>8</sup>

**Cortisol Points:**

Undocumented Status: 700

Refugee Status: 900

Green Card Holder Status: 500

TPS Status: 700

California Labor Code, California's AB 263 (2013) , gets passed which protects undocumented workers by prohibiting inquiry into immigration status in certain situations, such as workplace injury liability for employers.<sup>6</sup>

**Cortisol Points:**

Undocumented Status: -1,000

It's 2018, you're in Pennsylvania where officers want to help ICE crack down on illegal immigration and are converting a routine traffic stop into an immigration arrest. You get stopped by an officer and are asked for your documentation and are being taken to Immigration and Customs Enforcement.<sup>36</sup>

**Cortisol Points:**

Undocumented Status: 800

Refugee Status: 800

Green Card Holder Status: 200

TPS Status: 200

You are a farmworker being exposed to unregulated toxic pesticides. Cases of pesticide poisoning are underreported because workers without legal status can risk deportation as retaliation for reporting illegal use of pesticides.<sup>25</sup>

**Cortisol Points:**

Undocumented Status: 900

Refugee Status: 700

Green Card Holder Status: 700

TPS Status: 700

It's 2018, President Trump is threatening to take away temporary protective status for several countries. You are unsure whether you or your family members/friends may be affected by the threat. TPS recipients who aren't eligible for other relief would lose their ability to work legally in the U.S., placing them at risk of being deported back to dangerous conditions in their home countries.<sup>24</sup>

**Cortisol Points:**

TPS Status: 1,000

Your parents just got deported and you need to start working to support your little siblings and make ends meet. You decide to drop out of your dream school, UCLA.

**Cortisol Points:**

Undocumented Status: 500

Refugee Status: 500

Green Card Holder Status: 500

TPS Status: 500

Cultural stereotypes drive negative perceptions of undocumented immigrants. Hispanics are being classified by others as "illegal," regardless of their actual documentation status, a condition called "social illegality." You live your life constantly being confronted about your legal status.<sup>17</sup>

**Cortisol Points:**

Undocumented Status: 400

Refugee Status: 400

Green Card Holder Status: 400

TPS Status: 400

You are in need of medical attention but do not fully understand English and must sign consent forms in a foreign language in order to be seen.<sup>31</sup>

**Cortisol Points:**

Undocumented Status: 600

Refugee Status: 600

Green Card Holder Status: 600

TPS Status: 600

You are a first generation college student. It's your first day of classes at your dream school. You walk in and you realize you're the only person of color in the room. You feel insecure and as a result are reserved and do not participate in class. You are experiencing imposter syndrome.<sup>26</sup>

**Cortisol Points:**

Undocumented Status: 300  
Refugee Status: 300  
Green Card Holder Status: 300  
TPS Status: 300

It's 2018, to align with Trump's policy, immigration officials get more leeway to start deportation processes. This affects not only undocumented foreigners but legal immigrants who lose their immigration benefits or status. Even with a green card, an immigrant can be deported under new guidelines.<sup>34</sup>

**Cortisol Points:**

Undocumented Status: 600  
Refugee Status: 400  
Green Card Holder Status: 1,000  
TPS Status: 600

It's 1994 and you are living in New York, specifically the Washington Heights area of Northern Manhattan. Due to high expenses, you are unable to afford health insurance. The Community Voices Heard project, is founded.

Their purpose is to expand low-income residents' access to health services. Their approach is to assist in building overall community capacity to affect institutional change and build local leadership.<sup>28</sup>

**Cortisol Points:**

Undocumented Status: -800  
Refugee Status: -800  
Green Card Holder Status: -800  
TPS Status: -800

You are driving home after a night out with friends. You get pulled over by a police officer and even though your blood alcohol content was below .08%, you are arrested for DUI. You are at risk for losing your status.<sup>34</sup>

**Cortisol Points:**

Refugee Status: 900  
TPS Status: 900

You do not feel comfortable sharing your legal status with others. Mostly because the government has set up anonymous hotlines for reporting immigrants. They also offer financial rewards for tipsters which promote racial profiling and reinforce social stereotypes.<sup>16</sup>

**Cortisol Points:**

Undocumented Status: 700

Intergenerational trauma: trauma experienced in one generation can have negative effects in the future generations such as a vulnerability to stress. Your mother is very traumatized by her past journey to the U.S. and as a result your relationship with her is not the best.

**Cortisol Points:**

Undocumented Status: 600

Refugee Status: 800

Green Card Holder Status: 700

TPS Status: 700

You are struggling with mental health issues such as anxiety and depression. However your family is unable to afford therapy and are insensitive on the topic.

**Cortisol Points:**

Undocumented Status: 700

Refugee Status: 700

Green Card Holder Status: 700

TPS Status: 700

You finally are able to be reunited with a family member after 5 years because they got a travel visa.

**Cortisol Points:**

Undocumented Status: -900

Refugee Status: -800

Green Card Holder Status: -300

TPS Status: -500

The current president is threatening to revoke asylum status for people of your home country, yourself included. You are worried you will be sent back home.

**Cortisol Points:**

Refugee Status: 600

Refugees that make it to the United States receive three months of support from a resettlement agency and a modest amount of money per person to use toward rent and basic living expenses. Within that period, they are expected to be integrated into their communities. You are struggling to adjust to the new language, country, and culture but cannot go back to your home country for safety reasons.<sup>13</sup>

**Cortisol Points:**

Refugee Status: 500

You are 12 and you and your family are seeking refuge in the US and are currently settled in the refugee camps in Mexico. Due to the dangerous condition and threats, your parents send you to the port of entry alone so that US officials will be forced to process you. They hope you will be safer in the US rather than in the camps. Settlements are so close to the port that they can wave to you as they cross the border. You are nervous of being alone in a new country .<sup>29</sup>

**Cortisol Points:**

Refugee Status: 400

Your green card just expired and you're having difficulty finding employment. You are low on money so you are unable to renew it yet.<sup>33</sup>

**Cortisol Points:**

Green Card Holder Status: 1,000

Your dad just got into a work accident and is in the hospital. You have to miss school since your parents need you to translate the documents.

**Cortisol Points:**

Refugee Status: 300  
Green Card Holder Status: 300  
TPS Status: 300

The current administration has ended TPS and has started deporting undocumented immigrants at high rates. Nevertheless your parents decide to stay in the U.S. You know that there is a chance your parents might get deported. This fear of deportation increases stress in your family.<sup>44</sup>

**Cortisol Points:**

Undocumented Status: 700  
TPS Status: 900

Your parents are deported to their country of origin since they were undocumented. You remain in the U.S. so that you can have the better life that your parents had hoped for. But the separation causes anxiety, depression and trouble focusing in school.<sup>2</sup>

**Cortisol Points:**

Undocumented Status: 600  
Green Card Holder Status: 500  
TPS Status: 300

You move to St. Louis, a city that has a low Latinx population. You have an increased distrust and fear in the government since those agencies do not have Spanish translators. You decide not to go to the agencies even though your employer is abusing you.<sup>10</sup>

**Cortisol Points:**

Undocumented Status: 200  
Refugee Status: 200  
Green Card Holder Status: 200  
TPS Status: 200

Your family expects you to fulfill the familial duty and to go work at the factory. However, you want to go to college. You struggle to make a decision, but you ultimately decide to go fulfill your dream.<sup>9</sup>

**Cortisol Points:**

Undocumented Status: 300  
Refugee Status: 300  
Green Card Holder Status: 300  
TPS Status: 300

Your family members stopped working as cab drivers since they have enough money to own a business. The fear of being fired no longer exists.

**Cortisol Points:**

Undocumented Status: -800  
Refugee Status: -500  
Green Card Holder Status: -500  
TPS Status: -500

You are celebrating with ice cream! Your family members finally passed the citizenship test and are now U.S. citizens.

**Cortisol Points:**

Refugee Status: -600  
Green Card Holder Status: -600

Although your family owns a new business, you have to put in 12-15 hour shifts since it is difficult to find loyal people who would want to work for immigrants in a mostly white town.

**Cortisol Points:**

Undocumented Status: 700  
Refugee Status: 700  
Green Card Holder Status: 700  
TPS Status: 700

You and your family want to move places since your current apartment is infested with rats. You have found federal housing. But, it is not allowed if all members of your family are undocumented immigrants. Moreover, your portion of the rent is higher than it would be if you were a citizen.<sup>11</sup>

**Cortisol Points:**

Undocumented Status: 500

Refugee Status: 500

Green Card Holder Status: 500

TPS Status: 500

You and your mother are refugees and as a 10 year old, you were forced to mature and cope with starting a new life in the United States which played a big toll on your mental health which you struggle with heavily even years after you have immigrated.

**Cortisol Points:**

Refugee Status: 700

As a green card holder, you are now applying for citizenship in the U.S. Your children will also get naturalized after you become a citizen.

**Cortisol Points:**

Green Card Holder Status:-100

Because you are bringing your family as refugees, the government as provided the cheapest housing options which leads to perceived discrimination from other people in your city.

**Cortisol Points:**

Refugee Status: 1,000

You're living in Arizona but live under constant anxiety that you will be stopped by authorities and be asked for "papers" because you do not have any.

**Cortisol Points:**

Undocumented Status: 900

Refugee Status: 700

TPS Status: 600

Your workplace has been searched by ICE agents.

**Cortisol Points:**

Undocumented Status: 500

Refugee Status: 200

Green Card Holder Status: 200

TPS Status: 200

You found an apartment that is rent-controlled and does not discriminate based on your immigration status.

**Cortisol Points:**

Undocumented Status: 800

Refugee Status: 400

Green Card Holder Status: 400

TPS Status: 400

You are a high school senior. Georgia, the state you have resided in for the past 15 years, passed a law that states that the in-state fees only be applicable to those who are "legally in this state." You decide that you have to go to college if you want to compete in this economy in 2020 (the time when 65% of the jobs will require a secondary degree).<sup>45</sup>

**Cortisol Points:**

Undocumented Status: 200

Refugee Status: 200

Green Card Holder Status: 200

TPS Status: 200

You are in 1848, the period of time when U.S. got land right to Texas through the Treaty of Guadalupe Hidalgo. The treaty states that you still have "the right to property, language, and culture." You are content that you will not have to give up your culture to remain in the United States.<sup>43</sup>

**Cortisol Points:**

Undocumented Status: -400  
Refugee Status: -400  
Green Card Holder Status: -400  
TPS Status: -400

You are being pulled over by a cop for going over the speed limit. Your kids are in the back of your car.<sup>14</sup>

**Cortisol Points:**

Undocumented Status: 400  
Refugee Status: 300  
Green Card Holder Status: 300  
TPS Status: 300

Although the current president has not been good for immigrants, you reside in a sanctuary residence.

**Cortisol Points:**

Undocumented Status: -300  
Refugee Status: -300  
Green Card Holder Status: -300  
TPS Status: -300

Although the cop did not hurt your parents even though they were going over the speed limit, you have decided not to drive cars in order to limit your interactions with cops. You have not been targeted by the police, but you still fear any punishments that may occur. This phenomenon is called multigenerational punishment.<sup>14</sup>

**Cortisol Points:**

Undocumented Status: 800  
Refugee Status: 800  
Green Card Holder Status: 800  
TPS Status: 800

The kids at your school recently found out your family's immigration status. You are being subjected to derogatory terms.

**Cortisol Points:**

Undocumented Status: 600  
Refugee Status: 200  
Green Card Holder Status: 100  
TPS Status: 200

Your mother has fallen sick in your home country. Money is tight, but you want to go visit her.

**Points:**

Undocumented Status: 500  
Refugee Status: 500  
Green Card Holder Status: -100  
TPS Status: 300

You have just observed the members in your town chanting, "Go back to your country." They have been impassioned by the new president.

**Cortisol Points:**

Undocumented Status: 200  
Refugee Status: 200  
Green Card Holder Status: 200  
TPS Status: 200

Your whole family are officially US citizens.

**Cortisol Points:**

Refugee Status: -500  
Green Card Holder Status: -300

Trauma from your past affects  
your everyday work.

**Cortisol Points:**

Undocumented Status: 600

Refugee Status: 700

TPS Status: 100

Politicians once again announce  
America as a “nation of immigrants,”  
creating national pride but social  
discrimination against those who are  
not “legal immigrants,” including  
asylum seekers and undocumented  
persons.<sup>46</sup>

**Cortisol Points:**

Undocumented Status: 400

Refugee Status: 100

Green Card Holder Status: -300

TPS Status: 100

On January 28th, 2020, the Supreme  
Court has allowed Trump’s new “public  
charge” restrictions to come into law.

TPS, asylum seekers, and  
undocumented immigrants are no  
longer able to receive welfare or food  
stamps, in fear of being at risk for  
exclusion/removal.<sup>27</sup>

**Cortisol Points:**

Undocumented Status: 500

Refugee Status: 500

TPS Status: 500

Pain measures undertreat Latino-  
American patients by assuming that they  
have “thicker” skin, as well as provide  
them certain “Hispanic” specific  
drugs/medicine that are cheaper as  
assumptions that they are more affordable  
and effective for such people, although no  
research suggests that they are anymore  
effective than normal prescriptions and  
drugs.<sup>21</sup>

**Cortisol Points:**

Undocumented Status: 200

Refugee Status: 200

Green Card Holder Status: 100

TPS Status: 200

A pregnant Mexican-American asylum seeker has recently come to America with the trauma of witnessing gang violence, their homes burned down, and trekking for months to reach the border. This causes a dysfunction in their cortisol level regulation that becomes high risk factors for PTSD. Her child grows up with this high risk factor due to maternal epigenetics during the time of trauma.<sup>7</sup>

### **Cortisol Points:**

Refugee Status: 800

You have been feeling sad, but your parents do not believe that mental illness exists and tell you you are crazy. You then internalize this pain and let it build up without seeking any social support, and this festers and eventually leads to depression.<sup>37</sup>

### **Points:**

Undocumented Status: 400

Refugee Status: 400

Green Card Holder Status: 400

You recently joined a gang as an adolescent due to culture clashes with your parents and feeling controlled in the family. You find them too “Mexican” while you identify as an “American” who can barely speak Spanish. You do not feel at home with family, so you join a gang to fill that gap and later become incarcerated for crime.<sup>5</sup>

### **Cortisol Points:**

Undocumented Status: 400

Refugee Status: 200

Green Card Holder Status: 600

Cortisol levels increase to dangerously high levels as an undocumented pregnant mother is attempting to cross the border and later assimilate to America. The fetus takes in this cortisol and is primed to a high-stress environment - 20 years later her teenage girl has high panic disorder and inability to regulate her emotions.<sup>23</sup>

### **Cortisol Points:**

Undocumented Status: 1000

Refugee Status: 400

You have a weak ethnic pride in your Latino identity because of all the stereotypes that portray Latinos as poor and uneducated. This is more detrimental for those not born here. This lowers your self-esteem and makes you more at risk for psychological distress and mental illness.<sup>30</sup>

**Cortisol Points:**

Undocumented Status: 200  
Refugee Status: 500  
Green Card Holder Status: 500  
TPS Status: 500

You are constantly primed your whole life by stereotypes that Latinos do not do well in school and do not care about education. The pressure of confirming such a stereotype causes you constant stress, and you end up doing worse in your studies because of the fear of that threat.<sup>3</sup>

**Cortisol Points:**

Undocumented Status: 600  
Refugee Status: 400  
Green Card Holder Status: 400  
TPS Status: 400

You have recently migrated to Santa Ana, with a strong Latino community that offers you social support in your studies, endeavors, and relationships. Although assimilating to American culture is hard, you still maintain a strong ethnic pride and have a very minimal risk of mental illness.<sup>30</sup>

**Cortisol Points:**

Undocumented Status: 200  
Refugee Status: 200  
Green Card Holder Status: 500  
TPS Status: 800

In April, 2019, the Federal Appeals Court has upheld California's sanctuary state law. This relieves you of the stress and fear of being deported by ICE officials at random times, as you have strong federal and social support as an undocumented immigrant.<sup>20</sup>

**Cortisol Points:**

Undocumented Status: -500

Despite the threat of public charge, California has signed a bill that allows undocumented immigrants to receive health benefits. This makes you more likely to take advantage of health care services and increase the physical and mental well-being of your family.<sup>1</sup>

**Cortisol Points:**

Undocumented Status: -1000

You come out as gay to your extremely Catholic Latino parents. They disapprove, and although they did not do anything to you, you feel rejected and distanced because of religious and cultural differences. You feel as if it is your fault, and you slowly develop anxiety disorder.

**Cortisol Points:**

Undocumented Status: 300

Refugee Status: 300

Green Card Holder Status: 300

Congress introduces the New Way Forward Act in December 2019, which is aimed at allowing deported immigrants priority in reapplication, ends criminalization tied to immigration, and gives the federal courts jurisdiction over immigration matters rather than ICE. Although this bill has not passed, you feel better about your prospects.<sup>18</sup>

**Cortisol Points:**

Undocumented Status: -300

Unlike other Latino-Americans, your family had the privilege to have a comfortable enough life in Mexico to apply for citizenship, wait 10 years, and finally be able to receive your green card in the U.S. Although it was hard, you feel proud of your success (and privilege) and have closer bonds with your family immigrating to the U.S.

**Cortisol Points:**

Green Card Holder Status: -1000

You feel like a burden to your community, as the Trump administration has recently increased prices and tied welfare restrictions to DACA recipients and citizen children born in America - despite having citizenship, they cannot receive federal benefits at risk of putting you up for deportation.<sup>41</sup>

**Cortisol Points:**

Undocumented Status: 500

TPS Status: 500

Central American asylum seekers/new immigrants have recently been accepted into the United States, but what you do not realize is that they purposely settle you in urban, low-income communities with few people of your ethnic background, and you find it harder to adjust to American life.<sup>48</sup>

**Cortisol Points:**

Refugee Status: 600

Green Card Holder Status: 400

TPS Status: 400

The Trump administration has recently increased prices that forces sponsors to bear the burden of your family through changes in the family reunification program. You as an immigrant before you obtained your green card and your citizen relatives who sponsored you face increased financial burden and stress.<sup>22</sup>

**Cortisol Points:**

Green Card Holder Status: 800

You mother has been affected by violence in Central America, and although you are raised in the U.S., you are the victim of constant abuse and the stress of taking care of her anxiety disorder, preventing you from spending other time on education and work. This abuse also affects your mental health.<sup>12</sup>

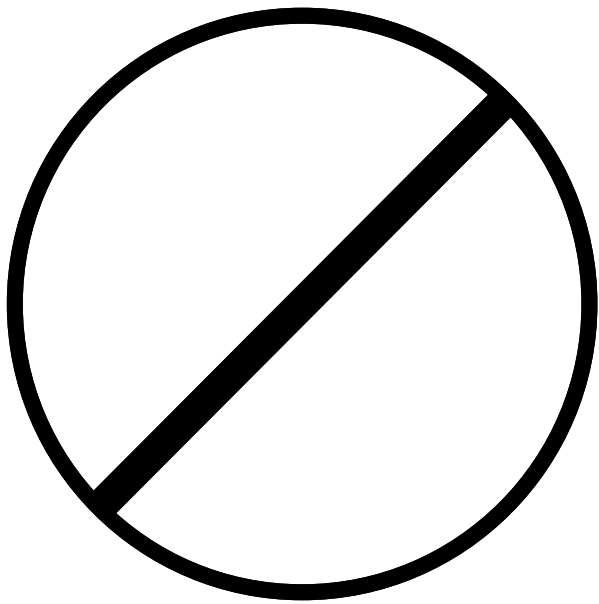
**Cortisol Points:**

Undocumented Status: 700

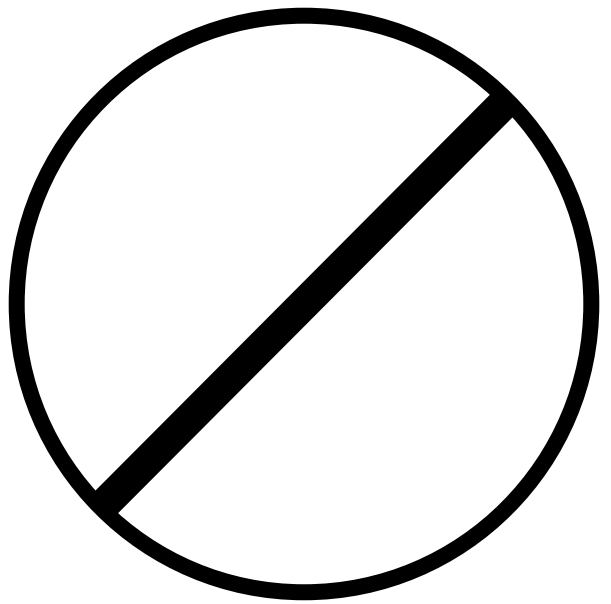
Refugee Status: 700

Green Card Holder Status: 500

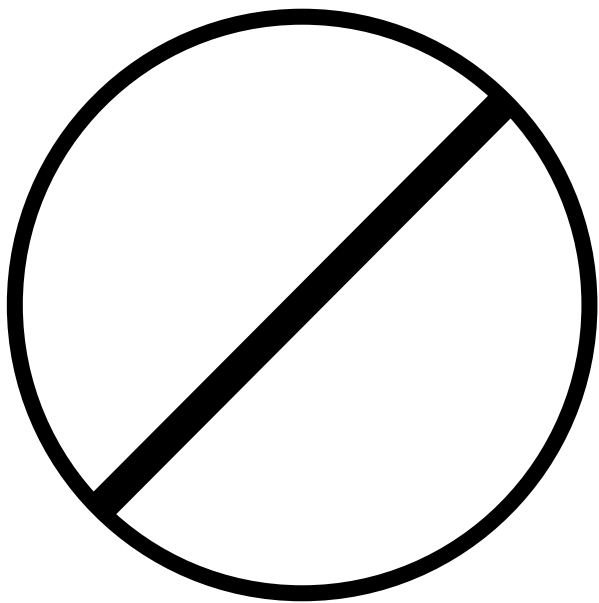
TPS Status: 500



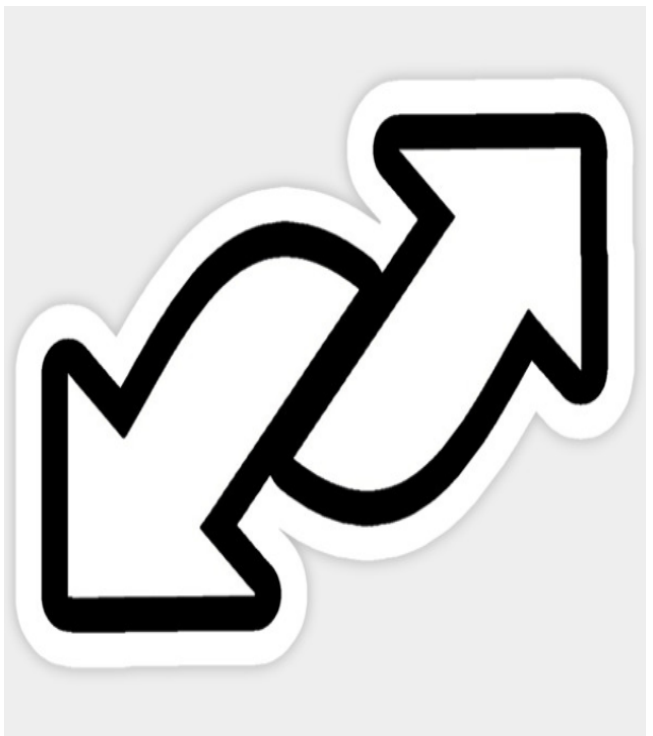
The person of your choosing  
during their turn



The person of your choosing  
during their turn



The person of your choosing  
during their turn



Reverse the order of players



Reverse the order of players



Reverse the order of players



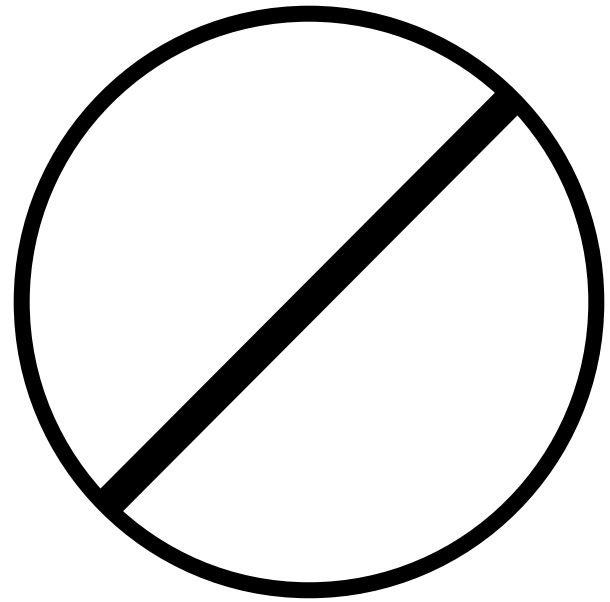
Reverse the order of players



Swap your immigrant status &



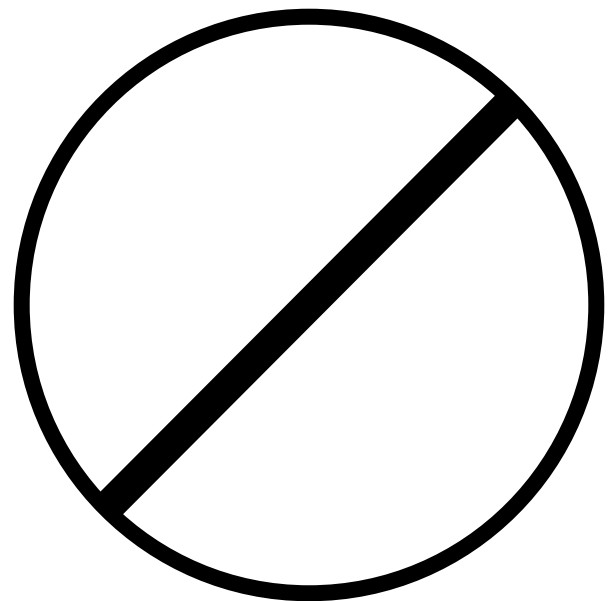
Swap your immigrant status &



The person of your choosing  
align their team



Swap your immigrant status &



The person of your choosing  
align their team

You have been an immigrant in the United states for 20 years and after a doctors visit, you have elevated plaque levels in your blood and at high risk for atherosclerosis or a stroke.

**Cortisol Points:**

Undocumented Status: 1,000

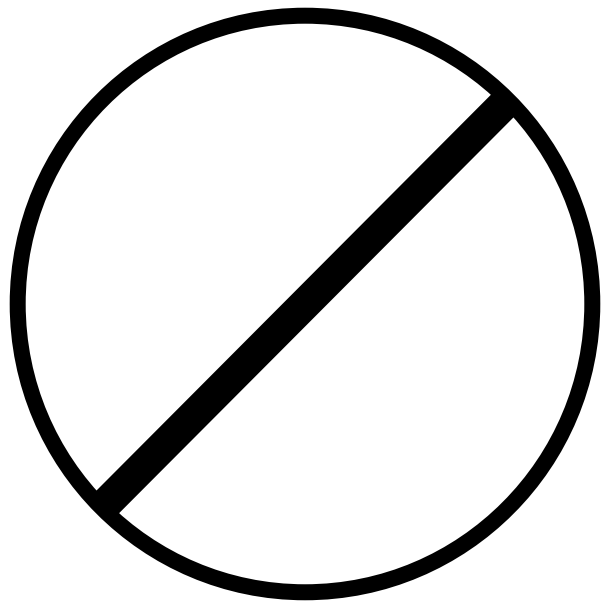
Refugee Status: 1,000

Green Card Holder Status: 1,000

TPS Status: 1,000



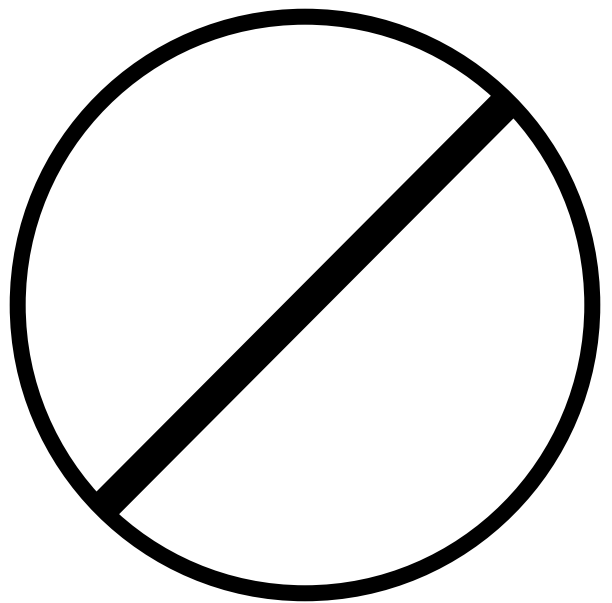
Reverse the order of players



The person of your choosing



Reverse the order of players



The person of your choosing