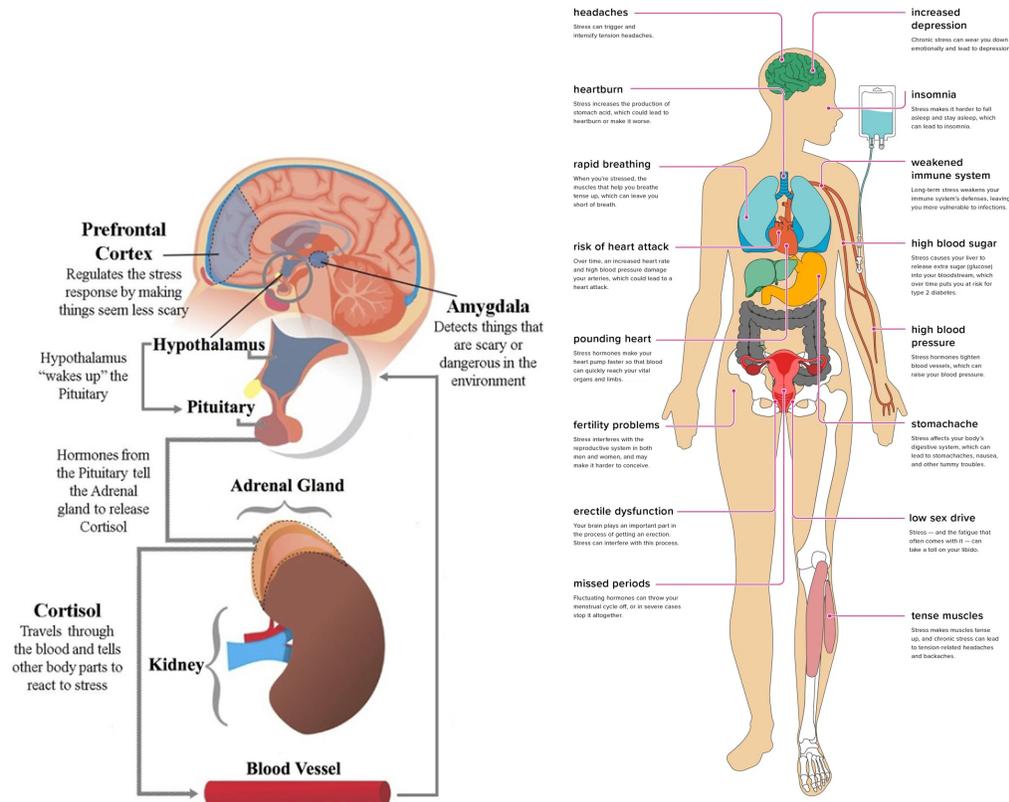


**READ TO ALL PLAYERS:**

By now, you have experienced the addition (or subtraction) of cortisol points due to life events that have happened to you as an immigrant. Cortisol is a stress hormone that is secreted when a stressful situation is perceived by the brain<sup>1</sup>. The hypothalamus will interpret the situation, such as the events that occurred by your chance cards, and send signals to the pituitary gland. Hormones from the pituitary gland then signal the Adrenal gland to release cortisol into the blood<sup>1</sup>. In acute stress responses, cortisol is meant to increase heart rate, dilate pupils, slow digestion, dilate pupils, tense muscles, etc. However, when stress is ongoing, it turns into chronic stress in which the body experiences “wear and tear”<sup>1</sup>. When there are extremely high levels of cortisol in the bloodstream due to chronic stress, the body can develop atherosclerosis, cardiovascular disease, immune dysfunction, and other irreversible health problems. Take a look at your character and see how these life events are affecting the stress levels and cortisol in your body. Some might be at a disadvantage due to higher levels of stress because of their legal status. Keep playing to see how these life events can help or harm your health. Open the next letters in another 10 minutes.



1. Sapolsky, Robert M. Why Zebras Don't Get Ulcers: A Guide to Stress, Stress Related Diseases, and Coping. New York: W.H. Freeman, 1994.

Open your respective cards after 20 minutes of playing

### **Undocumented Migrant**

By now, you have probably seen that most of the negative scenario cards affect undocumented immigrants the most. Compared to documented immigrants, undocumented immigrants have greater distress because of family separation, challenges to traditional family values, poverty and difficulties getting the proper services to learn English. Moreover, although there are some protections afforded to undocumented migrants, the law is usually not on their side. This stress accumulates and results in higher cortisol levels. (Sternberger 2016).

### **Refugee**

Refugees are another immigrant status that have higher cortisol levels. The stress that refugees experience can be divided into three sections: non-war and non-migration stress, war-related stress and post-immigration stress. The most prevalent psychiatric disorder is post-traumatic stress disorder which lasts for the majority of their lives (Hollifield 2018).

### **TPS**

Your cortisol points are most likely not as low as the green card holders. For the past few years, President Trump's administration has tried to take away TPS status of nationals from El Salvador, Honduras and Haiti. This has led to an increased stressful environment for TPS holders since they are uncertain if they will be forced to leave their children and their homes of over 22 years (Schochet 2019).

### **Green Card Holder**

You are probably the player with the lowest cortisol level, unless the other players have teamed up against you. Although green card holders do experience stress since they have come to a new country with its different customs, the law is on your side. You are better protected and do not have to fear government agencies.

