



Peer Support Group



August 2026 Mail

Welcome to August!!! Welcome to those who have just arrived in Japan, and congrats to those who are starting another exciting year on JET!

What is PSG? What's the Peer Support Helpline?



Peer Support Group (PSG) is a collective of JET program participants who have volunteered to run the “Peer Support Helpline”, an anonymous English-speaking helpline run by JETs for JETs! Available to call daily from 20:00 until 01:00 JST! Wondering what this helpline can do for you? Well, here are some of the issues PSG callers have brought to us:

- Mental Health (including crises)
- Workplace conflict
- Culture shock or language barriers
- Recontracting/contemplating breaking contract
- Medical concerns
- Much more!

At PSG, we are trained to provide a safe, confidential space where anonymous callers can confide in us about concerns such as those listed above. When or if your concerns require more than talking through concerns, we'll point you towards the resources and people that can assist you in addressing said concerns.

Eager to call us? To use the Peer Support Helpline, please contact us over Microsoft Teams! It takes just three easy steps:

1. Download and Register with Microsoft Teams
2. Search AJET Peer Support Group or ajetpsg@gmail.com on the Teams app/desktop client.
3. Call!

Self Care Spotlight: Grounding Techniques & Tools! 🧘

For this month's self care spotlight, we're going to take a look at two grounding techniques and a tool that can calm your nerves and reorient yourself in the present moment.

Butterfly Hug 🦋

Here's an evidence-based EMDR (Eye Movement and Desensitization Reprocessing) technique you can use to soothe yourself through everyday stress or even intense anxiety. Here's how to do it (it's super simple):

1. Sit or stand up right, sitting might be more comfortable.
2. Cross your arms around your chest, your hands can rest around your upper arms or shoulders.
3. Begin tapping or patting your hands onto your arms/shoulders, gently and rhythmically, like a butterfly's wings.
4. As you tap/pat away, breathe deeply yet slowly. If it helps, think of your breaths as the wind that's pushing your butterfly up into the air.
5. Continue this for several minutes. Pay particular attention to the comfort given by the gentle motion and stimulation of your touch senses. If your mind begins to wander, concentrate on the image of keeping your butterfly's wings flapping and remember that your breaths are what's keeping the butterfly afloat.

Learn more here:

<https://traumaresearchuk.org/the-butterfly-hug-technique/>

Acupressure Rings 💍

For those who find comfort in fidgeting, let me introduce you to the acupressure ring!



It's a spiked ring that goes around your finger, applying light pressure to different points along your finger. Although it's primarily used for physical therapy, it can also simulate your touch senses and bring physical & mental relief during times of stress. If you're interested in having one yourself, you can buy them on **Amazon Japan** or **Rakuten**!

Alternate Nostril Breathing 🙄

A unique breathing technique that's usually done during yoga or meditation. Here's how to do it:

1. Sit comfortably with your legs crossed
2. Place your left hand on your knee and your right hand towards your nose
3. Exhale completely, then close your right nostril with your right thumb
4. Inhale with your left nostril, then close your left nostril with your fingers.
5. Open your right nostril, then exhale through your right nostril.
6. Inhale through the right nostril, then close it

7. Open the left left nostril and exhale through that side.
8. Congrats! You've completed one cycle. Continue doing this for several minutes, making sure to complete the exercise by exhaling through the left side.

<https://www.healthline.com/health/alternate-nostril-breathing>



See you next issue!



Peer Support Group

PSG is a free, confidential listening and referral service for JET Programme participants.

Available every night 20:00 - 01:00

<https://www.ajetpsg.com/>

Call via Microsoft Teams: 'AJET Peer Support Group'

(Search on Teams: 'ajetpsg@gmail.com')"

Keep up with our newsletter: <https://www.ajetpsg.com/newsletter>