



Peer Support Group



February 2026 Mail

Hello everyone! Prepare to fall head over heels in love with this month's newsletter! We've got a big PSG update to share, alongside our usual spotlight on self care!

Calling for Volunteers! Applications are OPEN!!

Hey you! Yes you! Do you love PSG (please say yes 🙄)? Do you also happen to enjoy helping others? Perhaps you're looking to volunteer in the JET community? Well, have we got news for you, because we are officially opening applications for new PSG volunteers to join our awesome team!

AJET PEER SUPPORT GROUP



APPLY BY MAR 11

2026 VOLUNTEER APPLICATIONS NOW OPEN!

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PSG is a **free, confidential,** and **anonymous** listening and referral service, by JETs for JETs! Learn **new skills, give back** to your JET community, and join a fantastic team from all parts of Japan!

➤ Apply at:
ajetpsg.com/volunteer

? Ask us questions at:
psgapplications@gmail.com

PSG volunteers are responsible for covering the Peer Support Group help line! Prospective volunteers can expect to be trained in active listening skills, empathy skills, and providing resources/support to JETs around the country!

Interested and want to apply? Want more information? Follow this link: <https://www.ajetpsg.com/volunteer>

Have questions? Shoot us an email at psgapplications@gmail.com

Self Care Spotlight: Self Affirmations! ❤️

Do you find yourself being overly self-critical? Perhaps when you're hard on yourself, and you often tell yourself really harsh things such as "Why do I always mess everything up?!" I think most of us can relate to some degree.

Although there are so many ways to alleviate negative thought patterns, for this month's self care spotlight, we're going to focus on self affirmations!

Self Affirmations are positive present-tense statements that are meant to reinforce positive self-esteem. Think of them sorta like mantras or motivational quotes, but you come up with them, and repeat them to yourself!

Instead of telling yourself...	Try being gentle with yourself...
"I'm not good at this at all."	"This is very difficult, but I'm going to be patient with myself as I learn how to do this."

Although self affirmations themselves are not a cure for negative thoughts, they can be a good tool to catch yourself when your inner dialogue is negative and reframe your perspective.

For examples of self affirmations, we decided to ask several PSG volunteers what their self affirmations are, or what self affirmations they would like to start practicing. Here's what they said:

- “Hey! **Looks at myself in the mirror** You're doing good! 👉”
- “Whatever the mind can retrieve, it can achieve!”
- “I don't have to hold my breath through these difficult times, it's okay to take deep breaths and ease through it”.
- “I don't need to earn a break if I need one. ”
- “I will do my best... Even if my best means something isn't done perfectly, or perhaps might be wrong. That's all I can do that is within my control”.
- “I don't have to figure it all out to keep going. I move with trust, curiosity, and grace”

Nifty right?! Well, whether you're super interested in making your own self affirmations, or you're super skeptical about its effectiveness, we'll leave you with an article that gives a full rundown of how they function and how to create your own!

Learn more about self affirmations [here!](#)



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')"