



March 2026 Mail

Hello everyone! PSG is marching into spring with March's newsletter! Please enjoy!

Reminder: The Peer Support Helpline is here to help!

AJET Peer Support Group is responsible for running **The Peer Support Helpline**, an anonymous helpline run by our volunteers, who are also JET program participants! Our volunteers are ready to attentively listen to your concerns, and potentially refer you to services that may further assist you. Wondering what you can talk about on the Peer Support Helpline? Some of the most common concerns callers discuss include (but are not limited to):

- Workplace struggles, such as conflict with JTEs, coworkers, etc.
- Culture shock & Living Abroad
- Language barriers
- Mental health (depression, stress, anxiety, etc.)
- Physical health concerns (injuries, difficulties with finding English speaking doctors, health insurance, etc.)
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Have a concern and want to vent about it with someone? The Peer Support Helpline is **available every night** from **20:00 - 01:00**! 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: Self Care Toolkit!

Back in our first issue of the PSG Monthly Mail, we featured a self-care spotlight on winter self care activities. Upon reflecting on that issue of the newsletter, we thought about how many self care activities involve hands-on crafts and stimulation of the five senses (touch, taste, smell, sight, and hearing), which made us think of an idea for this month's newsletter!

Introducing March's self care spotlight: The Selfcare Toolkit!

Sometimes referred to as a Selfcare box, the Selfcare Toolkit is a compiled assortment of objects that promote practicing self care! Think of it as a disaster/emergency kit, but instead of preparing for an earthquake or fire, you're preparing for a bad day at work, everyday stress, a panic attack, or other mental health struggles.

Wondering how to get started with one? Well, here are some tips for creating your own self care toolkit!

- The toolkit itself can be a bag, a box, a carrying case, whatever has the space and convenience to contain your items!
- For self care that will help ground you, we recommend focusing on items that stimulate the five senses (touch, smell, taste, hearing, sight).
- Consider the duration of time you would like to practice self care. For example, a fidget toy can easily be taken out and put away, whereas a puzzle might be more of a time commitment.
- Consider whether you want your toolkit to help with daily self care routines, or if your toolkit is meant to address urgent mental health crises (panic attacks, traumatic episodes, etc.)

Struggling to think of what to include in your selfcare toolkit? Well, As per every issue of the monthly mail, we asked our own PSG volunteers for their input! Here are some of the items our volunteers would stuff into their selfcare toolbox:

- Clay cactus figure (so cute!)

- Thank you letters from students
- Headphones
- Essential scented oils
- Ebook reader
- Snack pack!
- Tea bags
- Puzzles/Legos
- A nice book to read!
- Coloring book with markers
- Warming Lavender Mask
- A candle/incense
- A cozy blanket/sweater
- Journal
- Art Supplies (Markers, pastels, charcoal, etc.)
- Page of self affirmations, motivational quotes, etc.
- Rubix Cube

Curious to learn more about self care tool kits/boxes? Please take a look at the further reading below!

[Lifeline - Creating A Self-care Box](#)



See you next issue!



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')