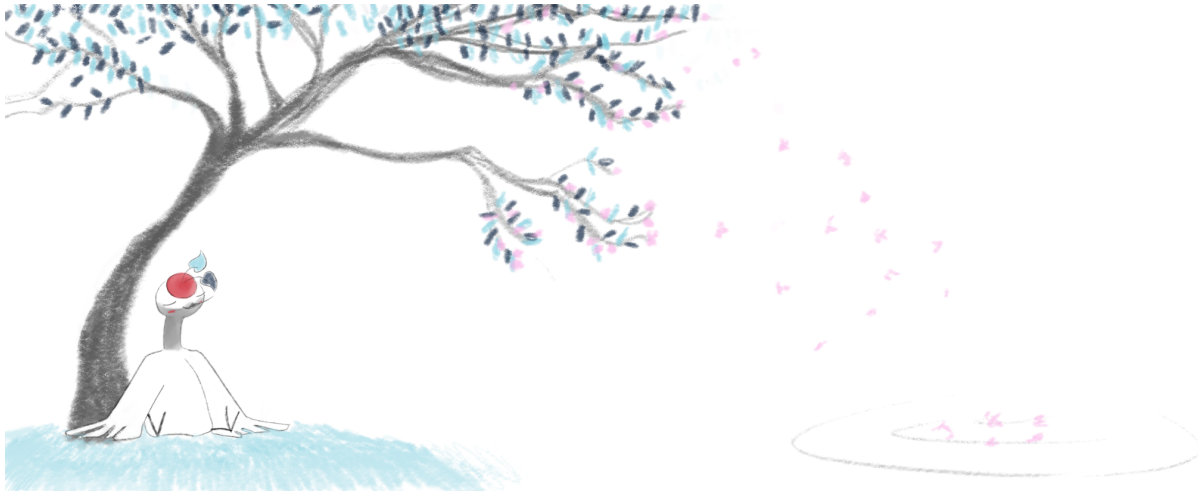




April 2026 Mail

Hello everyone! Take a moment to stop and smell the flowers with April's edition of the Monthly Mail!

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: Coping with Change

April is the start of the new fiscal year in Japan, so for many of us, April is a time of new beginnings and lots of changes. Perhaps you're working with new coworkers, or maybe your day-to-day tasks have changed up slightly. It goes without saying that as exciting as these changes might be, they may also be challenging to adjust to.

To coincide with this transitional month, April's Self Care Spotlight will focus on how to cope with change.

The National Health Service in the UK has an excellent page that covers coping strategies for adjusting to change. The website provides 10 tips, but let's highlight 5 of the main points:

1. Take stock of how you feel

- a. Set aside time to assess how you feel about the current situation. Sort through your feelings, either by writing them down or talking to someone you trust. Identify the circumstances and name the emotions you feel towards them.

2. Acknowledge what's working

- a. Practice gratitude towards the positive things that haven't changed and continue to bring you joy, but also embrace the small positive changes that have pleasantly surprised you.

We asked some of our volunteers about their experiences practicing gratitude or acknowledging what continued working during a rough transitional period, here's what they said!

- Keeping a gratitude journal, listing at least three things they were thankful for each day. They noticed that the things they were grateful for were things that remained in their lives after their move to Japan, so this helped them stay connected to their life back home.

- Starting media like a TV show or anime before a transition, then continuing to watch and completing during the transitional period. It allowed for something to remain constant during times of change.
- Continuing old traditions, like cooking dinners on a certain day of the week and sharing that dinner with new people.
- Maintaining positive habits/routines, such as going to bed early.

3. Reframe your thoughts

- a. Observe negative thought patterns and feelings. Gently challenge them by examining the ‘evidence’ for your thoughts and feelings (“why do I feel a certain way about this?” “Why am I holding onto these negative beliefs?” “What is the evidence indicating that these thoughts are true” “What’s the counterevidence”?)

4. Find a new Rhythm

- a. Retake control by establishing a new routine with new habits. Make time to stimulate the mind with challenges, or to wind down and rest for self care, make time to reconnect with old hobbies, or spend time with friends.

We also asked our volunteers to share some new habits they began practicing while on JET. Here are their responses:

- One volunteer began listening to podcasts. They listen to podcasts covering topics such as personal growth or religion.
- One volunteer expressed that while they were in the process of a stressful move across the country, they made sure to acknowledge the silver linings and had things to look forward to.
- One volunteer began tracking their mood using apps such as How We Feel. This same volunteer also said yes to many invitations to events and social outings, so long as they felt comfortable doing so.

- In the beginning, one volunteer would frequently go to the convenience store for most of their meals, but they then began meal prepping at home 3-4 times a week! Yum!

5. Get practical advice

- a. Determine what you're struggling with and connect with services/resources that can give you guidance. Medical Concerns? Connect with interpreters. Seek out the resources by connecting with AJET, PSG, PAs, etc.

We encourage you to read further about coping with change if you find yourself struggling, the article goes into more detail.

Featured Reading: [How to deal with change and uncertainty](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-deal-with-change/#take-stock)
(<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-deal-with-change/#take-stock>)



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')"