

PSPG PEER SUPPORT NEWSLETTER

December 2022

Happy December Everyone! In this edition of our Peer Support Newsletter, we will discuss some final thoughts as we wrap up the year and discuss some up and coming events for the year 2023!



We have all been told that working out is good for us. A good hard workout can release stress, help us sleep better, and improve our overall attitude. However, many claim they “hate to workout” even if their jobs require it. There are many reasons why this could be true. However, if this pertains to your life, you could potentially not like the workout style you are participating in. Many believe running is the only way to get cardio. Try swimming, kickboxing, exercise trampoline, etc. Switch it up and HAVE FUN by doing a workout you enjoy.

As we wrap up the year 2022, we want to wish you all Happy Holidays! This year has been trying to say the least, mentally, physically, and emotionally. Although at times it seems not much can be done, we want to emphasize the impact you are making as a peer supporter. You are taking the time to be available for your peers in their time of need. A simple check-in, phone call, or pat on the back goes a long way. Being a peer supporter can be trying, especially when you cannot see results of your actions in plain sight. Remember, it could be one thing you said or did, that can help or change someone’s mindset. As peer supporters, we may never see the results of our actions. Leave each “session” knowing that someone in need reached out, and you were the one who was available. They needed someone, and you answered. Thank you all for what you do!

Happy Holidays

“Be there for others,
but never leave
yourself behind”



Listen now on
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Music, and iHeart
Radio!

ACTIVE LISTENING SKILLS

There are 8 different active listening skills that are key to being a successful peer supporter. These skills help you not only hear what your peer is expressing, but it builds empathy with them because you are actively listening and being engaging. The 8 skills are:

1. Minimal Encouragers
2. Open -Ended Questions
3. Reflecting/Mirroring
4. Effective Pauses
5. Paraphrasing
6. "I" Statements
7. Emotional Labeling
8. Summarizing

Let's break down what **Effective Pauses** are. Effective Pauses are pauses that take place after someone has spoken, and you are granting them time to breathe, and or process. For example, if someone tells you, "My wife is leaving me and taking the kids," that is a lot to take in! Instead of giving a response right away, take a breath, pause for a moment, and then reply. This gives both of you a moment to breathe, take in what was just said, and to not rush by answering immediately as if you were wishing to get to the next point and ignore this one. Effective pauses are beneficial to both the speaker and the listener!

Meet A Peer Supporter



We asked Communications
Commander Jonah Miller

Why she Chose to Become a Peer Supporter:

My name is Jonah Miller, I am the Communications Commander for Albuquerque Ambulance. I have been part of the peer support team for three years. I have taken both basic and advanced peer support courses through PSPG and the LEAD 5 course with Presbyterian.

I became a peer support member because I've always been someone people open up to and confide in. Everyone has a story; we all struggle and fall and need help at times. I've navigated my own mental health journey and care deeply about mental health awareness. Our mental health is as important as our physical health. I'd like to break the stigma that mental health is something we should hide or be embarrassed of.



Thank you for Attending our First Annual Safety Resiliency Summit!

For more information, please visit www.pspg-nm.com/resiliency-summit



We want to personally thank all who attended our First Annual Public Safety Resiliency Summit! We had a great turnout and are honored for the positive reviews we have received! Please be on the lookout for information regarding our next summit taking place in Fall 2023.

Quarterly Challenge

This edition's quarterly challenge is to give yourself a small goal to simply mix up your routine a bit. This could be to balance on one foot while brushing your teeth, printing a new recipe each week for dinner, or finishing a crossword puzzle every other morning before work. Simple little challenges to add to your daily life in order to refresh your brain and push it.



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2023

PSPG PEER SUPPORT CLASS SCHEDULE

Basic Peer Support

April 24th-25th

September 5th-6th

Advanced Peer Support

January 9th-12th

June 19th-22nd

October 23rd-26th

VISIT OUR WEBSITE
WWW.PSPG-NM.COM OR
CALL 505-888-5499 TO
GET REGISTERED!