



WELCOME ALL PEER SUPPORTERS



As we head into Spring...

Hello Peer Supporters! Welcome to our February edition of the Peer Support Newsletter. We hope this newsletter finds you well and can be of some support/assistance as we leave Winter and head into Spring. It seems the year is already moving fast. We hope this newsletter can help you cope with your busy days and the time that seems to pass by so quickly. Thank you all for what you do day in and day out!

Don't
Forget!

Remember, you are a Peer Supporter because you want to help people right? You want to support them in their time of need. Who supports you in your time of need?

Remember to accept help/support for yourself.

Peer Supporters tend to forget or push off the idea that they may need support too. Take care of yourself so you have the capability to help others.

Quarterly Article

Each newsletter will have an article that will pertain to overall self care and how to help others. This month's article is a wonderful reminder of the necessity of community and feeling supported. Dr. Mariah Lester Sway explains how connection can improve our overall health. She also has a great insight on how to better transition from the Winter to the Spring season. Please view this article on the following pages. Enjoy!



2026
Peer Support Classes

Basic

April 9th-10th
September 10th-11th

Advanced

June 22nd-25th
June 30th-July 3rd *Las Cruces*
October 26th-29th

visit www.pspg-nm.com
To Register

The Healing Power of Community: Why We Need One Another

Dr. Mariah Lester Sway

Human beings are wired for connection. We thrive when we feel seen, valued, and understood, and one of the most powerful places this can happen is within a supportive community. Whether that community is built through friendship, shared identity, life experiences, or simply being present for one another, closeness is deeply therapeutic.

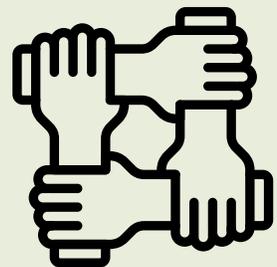
Why Community Matters

Being in community with others isn't just emotionally comforting—it's biologically grounding. When we connect with people who care about us, our nervous system settles. We feel safer. Our mood stabilizes. Our challenges feel more manageable because they are no longer carried alone.

In peer support relationships, this effect is amplified. Supporting someone else can be just as healing as receiving support. When we show up for others:

- We feel purposeful
- Our own struggles become less isolating
- Empathy grows and self-compassion often follows

There is something therapeutic about saying, "I know what that feels like," and having someone say, "Me too."



Winter and the Holidays: A Time That Can Deepen Isolation

Even though winter and the holiday season are often portrayed as joyful, many people experience the opposite. Darker days, colder weather, and societal pressure to feel festive can intensify feelings of loneliness. Traditions and gatherings may highlight painful memories or create reminders of relationships that have changed or been lost.

For some, winter feels like closing in—quiet, heavy, or emotionally still. This is why connection during winter becomes even more crucial. A check-in message, a shared cup of coffee, a support group meeting, or simply sitting with someone in silence can interrupt isolation and remind us that we still belong.

Spring: A Natural Invitation to Begin Again

Then comes spring.

Spring has a way of pulling us gently back toward possibility. Days grow longer. Light returns. Even small signs of growth—a bud, a breeze, birdsong—can feel like symbolic reminders that renewal is always possible.

For many people, spring brings:

- A boost in energy or motivation**
- A sense of openness and curiosity**
- Renewed desire to reconnect with others**
- Opportunities to rebuild routines or relationships**



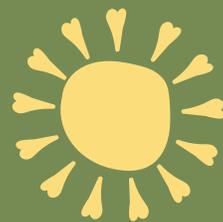
It's a season that mirrors what peer support teaches us:

No matter how long winter feels, growth is still possible. Healing is still possible. We are allowed to begin again.

Reconnecting With Others This Season

As we move toward brighter days, this can be a powerful time to intentionally reconnect—with ourselves and with others. Some gentle ways to do this might include:

- Reaching out to a friend you've missed**
- Joining or hosting a small peer support gathering**
- Taking a walk with someone who lifts your spirit**
- Sharing a meal, a story, or a moment of quiet**
- Allowing someone else to support you, or offering support in return**



Community doesn't have to be large. Even one or two supportive people can create a sense of belonging that steadies us.

You Don't Have to Do Life Alone

If this winter felt heavy or isolating, you're not the only one. And you're not meant to carry your experiences in solitude. Community—real, empathetic, human connection—reminds us that we are not alone, that our stories matter, and that healing often grows in shared spaces.

As spring approaches, consider this invitation:

Reach out. Let others in. Allow yourself to be supported and to support.

New beginnings don't have to be grand—they simply have to be shared.

