# PEER SUPPORT IN ANIMAL WELFARE

#### What is Peer Support?

Peer support is trained peers using shared experiences to offer empathy and practical guidance that empowers others to improve their lives

### When do you need Peer Support?

Peer support, a form of mental health first aid, is most effective soon after a critical incident but remains valuable for coping at any time afterward.

#### What is a "Critical Incident"?

Critical incidents are events outside the normal experience that pose actual or perceived threats of injury or exposure to death that can overwhelm both an individual's and organization's coping resources.

#### **Examples of "Critical Incidents":**

- Severe injury or death of a coworker
- Animal cruelty investigations
- Large animal seizure cases
- Disease outbreak in shelter
- Staffing shortages impacting moral
- SBI or Death by Dog investigations
- and other assorted traumas

#### **Reach Out to Our Trained Peers**

Our trained peers are available to talk with anyone needing one-on-one support. Reach our team by emailing or Facebook messaging and we will pair you with a trained peer to speak with.





You don't have to fight your battle alone. Talk to us.

TO LEARN MORE ABOUT
MENTAL HEALTH AND WHERE
TO GET HELP, VISIT
WWW.HUMANEHELP.ORG





Tips For Taking Care Of Your

## MENTAL HEALTH



Take Care Of Your Physical Health

Do Activities That You Enjoy

Take Two Minutes To Focus On The World Around You

Remember - You are a Rockstar Animal Welfare Warrior!

@HumaneHelp.org



## HOW POSITIVE THINKING

AFFECTS MENTAL HEALTH

# Reduces Stress and Anxiety



Positive thinking helps reframe negative situations, making it easier to manage stress and reduce anxiety. It encourages problem-solving instead of dwelling on worries.

#### Boosts Emotional Resilience



A positive mindset helps you bounce back from setbacks faster. Optimism strengthens emotional resilience, allowing you to handle life's challenges with confidence.

#### Improves Physical Health



Positive thinkers tend to have lower blood pressure, stronger immune systems, and better heart health.

# **Enhances Self-Esteem**and Confidence

Focusing on strengths instead of weaknesses helps build self-worth. Positive affirmations and self-compassion can boost confidence and personal growth.



### **Encourages Healthy Habits**

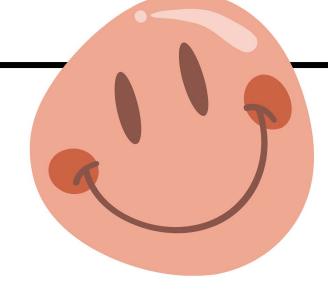
Optimistic people are more likely to maintain healthy routines, such as exercising, eating well, and getting enough sleep.

### **Promotes a Growth Mindset**

With positive thinking, failures become learning opportunities. This mindset fosters resilience, motivation, and continuous self-improvement.



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# Increases Happiness and Life Satisfaction

A positive mindset leads to greater overall happiness and a sense of fulfillment.
Gratitude and optimism help you appreciate life's moments, big or small.



Your mental health matters

# COMPASSION FATIGUE SYMPTOMS

Compassion Fatigue affects not only our emotional state but also our daily life. You should never feel like you have to suffer in silence. Seek help if you are struggling with symptoms.

- Anxiety
  - Overwhelmed
- 3 (stressed out to the max!)
- 5 Isolation

- 2 Frustration (quick to anger)
- 4 Detached Emotionally
- Lack of Empathy Towards
  Others (cynicism toward
  the public)

#### Remember:

Take care of YOU, so you can be there for THEM!

For more information, please visit: www.HumaneHELP.org



## A MINDFUL WEEK

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M Say something kind to yourself.

Write down something you are grateful for.

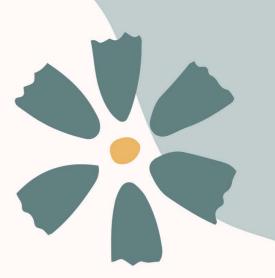
W Find a moment to take five deep breaths.

TH Do a quiet and calming activity you enjoy.

Celebrate something you achieved this week.

S Observe what you see, hear, and smell outside.

Something you can accomplish next week.



# self-Cane

IDEAS FOR A BAD DAY

BREATHE DEEPLY

EXERCISE

TRY AFFIRMATION

GO FOR A LONG WALK

WRITE A JOURNAL

REFRESH MORNING ROUTINE

WALK IN NATURE

COOK YOUR FAVORITE MEAL

WRITE 5 THINGS YOU LOVE

WATCH YOUR FAVORITE MOVIES



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