

# Virtual Peer Support Sessions



Our Virtual Peer Support Sessions are facilitated exclusively by Peer Support Workers who are employed by Sussex Partnership NHS Foundation Trust.

These sessions are aimed at anyone with an interest in Peer Support as a future role or who feel motivated to develop an informal set of skills to use when supporting others.

These sessions will also benefit your own wellbeing & offer a supportive group environment to connect with others who have lived experience of mental health challenges.

Hosted via zoom over an 8 week period, each session will feature a presentation on a particular topic, space for discussion & sharing, a 10 minute break followed by a practical activity & relaxation or grounding technique. The sessions will be followed by an optional employment pathways workshop.

## Session Content

⇒ Principles of Peer Support  
What Recovery Means To Me  
Flower of Life practical activity.  
Box Breathing wellbeing exercise

⇒ 5 Ways To Wellbeing.  
Support Networks.  
Stress Bucket practical activity.  
Tense & Release wellbeing exercise.

⇒ Wellness & Recovery Plans.  
Positive Affirmations  
Wellbeing Toolkit practical activity.  
Drop Anchor wellbeing exercise.

⇒ Daily Activity Planning  
Sleep Hygiene practical activity.  
SMART goals wellbeing exercise.

⇒ Coping With Anxiety.  
Strength Based Language practical activity.  
AWARE wellbeing exercise.



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⇒ Assertiveness & Boundaries.  
Problem Solving Tree practical activity.  
Rule Of 5 wellbeing exercise.

⇒ Active Listening.  
Recovery Conversations practical activity.  
F Is For Focus wellbeing exercise.

⇒ Gratitude Journaling.  
Gratitude Jar practical activity.  
Colour Breathing wellbeing exercise.

⇒ Employment Pathways Workshop  
Workshop Attendance As Part Of Your CV

Please note this is not a training course to become a Peer Support Worker, but may be a good foundation for those with an interest in lived experience roles.