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**Peer Group Chat**

**Date:** 16/02/23

**Title:** Shouting Our Strengths

**Description:** Since there can be a focus on our 'weaknesses' in mental health care, it may be difficult to identify our strengths. It can make a big difference to our wellbeing when we recognise, harness, and celebrate our strengths- from the big to the small and everything in between!

Amber22 (PSW)	<b>Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Shouting Our Strengths!</b>
Amber22 (PSW)	Hello @bobbie and @sammy3 ! :)

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TideisTurning (PSW)	Hi @bobbie & @sammy3. Great to have you both here with us!
sammy3	Hi, nice to be here
bobbie	Hello everyone
Amber22 (PSW)	<p>Tonight, Peer Support Workers @TideisTurningand @Amber22 will be facilitating a discussion around the topic of Shouting Our Strengths. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to recognise our strengths within ourselves and other people around us.</p> <p>We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about our strengths (and this may be challenging for some people). @Basil, who moderates on the SANE Forums, is working behind the scenes to ensure our safety.</p> <p>If you're having any technical difficulties, please see our FAQ (<a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a>) or message @Basil. We're looking forward to creating a space where we can reflect and learn more together about Shouting Our Strengths!</p>
bobbie	That's a dead link I'm afraid
Amber22 (PSW)	<p>Within this group tonight we'll be talking about: What our strengths are, and how we can identify them Challenges that may arise with recognising our strengths Using our strengths in everyday life, and being able to harness them</p>
TideisTurning (PSW)	Thanks for flagging that @bobbie! We'll have a look & see if we can get an updated link :)
Amber22 (PSW)	Oh thanks for letting us know! @bobbie We will have to update it :)
bobbie	it's just the ) at the end
Amber22 (PSW)	<a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a>
Amber22 (PSW)	Hopefully this one works :)
bobbie	yes thanks

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Amber22 (PSW)	We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join
Amber22 (PSW)	Welcome! @Willy :)
TideisTurning (PSW)	Hi @willy :)
Willy	Hi
Amber22 (PSW)	Welcome everyone! Feel free to introduce yourselves. I'm @Amber22
Amber22 (PSW)	Welcome! @Cool as Cola
TideisTurning (PSW)	Welcome @Cool as Cola :) Great to have you here
Willy	Before we get started may I offer a suggestion? Last week some resource material was provided at the end of the session. Could this be provided beforehand, preferably a couple of days beforehand to give those of us interested a chance to look at it. Towards the end of last weeks peer group chat I offered some brief insights about the importance of incorporating emotions into mindfulness practices based on my own experiences. It was met by an ominous silence together with responses from moderators that in my opinion were quite inappropriate. When I looked at the provided resource material one stated pretty much what I had tried quite unsuccessfully to say. Some of us who are prone to psychotic experiences find direct communication such as talking to someone or even online chat very difficult. That doesn't mean that we are stupid or that our ideas and experiences have no validity.
TideisTurning (PSW)	Hi @Jacques :)
Jacques	hello ladies, gentlemen and gender neutral peoples :)
Amber22 (PSW)	Thanks for giving us that feedback @Willy , we really appreciate it. I apologise if you felt as if you did not get an adequate response from us last week, we will work together to make sure that that doesn't happen again! That is a really great idea to provide the external resources beforehand – we will have to work on that, but thank you again for the feedback, we're really glad to have you with us again tonight :)

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Amber22 (PSW)	Let's get started with our first question for the evening: strengths are attributes like knowledge, skills or personality characteristics that each of us have to help us get through everyday life. What strengths do you think you have?
Amber22 (PSW)	Welcome btw! @Jacques
Amber22 (PSW)	And welcome to @Smiling_Gecko !
Smiling_Gecko	Hello Doll
TideisTurning (PSW)	Welcome @Smiling_Gecko :) Great to have you here!
bobbie	When I am well, I am not afraid to look stupid. I mean sometimes I ask stupid questions and I don't care.
sammy3	Hi Smiling_Gecko!
Jacques	my strengths would be loyalty, honesty, and a real passion for learning. I really do enjoy learning new things.
Smiling_Gecko	Thank you! Hello everyone here
Cool as Cola	Sometimes I find stubbornness (willpower) a strength, but the more I know about how I can recognise warning signs and what brings me back helps (these I need external feedback for)
Amber22 (PSW)	Yes!! I can definitely relate to that @Cool as Cola
Jacques	no question is stupid @bobbie when I taught IT at the age of 17 I often was so impressed by people asking questions, I know they felt silly and I used to always say how will you know if you don't ask?
TideisTurning (PSW)	For me, his feels like a difficult thing to talk about, maybe because it's like tooting my own horn- although that's also why it's important to talk about, and it's also allowed (on which note, for anyone who may need that permission to toot your own horn, here it is- tonight is about shouting our strengths after all). Some of my biggest strengths are my kindness, caring, empathy and loyalty. I have been told by some before that they've never had a friend quite like me.
bobbie	thanks @Jacques I feel the same way

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sammy3	Can strengths also include supports we have and people who cares for us? Just that in the Smiling Mind App, there is a meditation that sort defines it in this way. When I think about strengths I wonder can be this, can it be past experiences, or tangible things we have as well? Or is it defined as in your question for a reason..?
bobbie	@TideisTurning (PSW) how wonderful.
<b>TideisTurning (PSW)</b>	<b>@bobbie, that is really cool to have that ability to ask things even when there might be anxiety about how it will be received. Something that is hard for many and not always easily done!</b>
<b>Amber22 (PSW)</b>	<b>Absolutely! Some of our supports can make us a stronger person as well so they can be part of strengths :) @sammy3</b>
sammy3	I have been told lots of compliments too, that I am shy to mention for similar reasons! @TideisTurning (PSW) - I also wonder if I should pick a few to focus on ..
<b>Amber22 (PSW)</b>	<b>Next question... Are your strengths something you've thought much about? If your strengths haven't been harnessed much in your mental health recovery, what do you think the benefits could be in being more aware of and intentional with them?</b>
<b>TideisTurning (PSW)</b>	<b>I'm really curious @sammy3 - when you talk about past experiences, do you mean the experience is something that's strengthens you?</b>
bobbie	I don't tend to think much of my strengths, because I tend to be more negative. I still get uncomfortable receiving compliments. The benefits I guess could be I would be less hard on myself
Jacques	no unfortunately not, I'm too anxious to use my skills, and I have been hurt too many times to have any friends IRL. my mum and others have told me my skills are so wasted and I could do amazing things if it was not for my crippling anxiety.
<b>Amber22 (PSW)</b>	<b>I feel the same about compliments, they can be hard to receive. I think being more aware of our strengths might make that part a bit easier @bobbie</b>
sammy3	@TideisTurning (PSW) Yes, certain work experiences for example - I could look at personal characteristics that was involved like say being organised.. or I could say I have rounded work experience - as an example - haven't thought a lot about it actually

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TideisTurning (PSW)	<b>@Jacques I'm so sorry to hear of that experience! Things like that can be super tough to come back from</b>
Cool as Cola	I find I seek out strengths because I hate how interfering mental health can be and I try and use strengths to work around/through it
Amber22 (PSW)	<b>That is a great way to look at it! @Cool as Cola</b>
TideisTurning (PSW)	Love that @Cool as Cola! :)
TideisTurning (PSW)	<p>I feel like the answer to this is kinda in the question itself- a massive benefit of being more aware of your strengths is the ability that can give you to be more intentional with them and to purposefully channel them into something. For example, a strength (and a passion) of mine is connecting with and supporting others, which is part of the reason I do the work I do- because it allows me to channel these strengths and passions in a way that is purposeful and meaningful for me.</p> <p>The other thing a focus on strengths can do is help prevent damage to self-esteem and self-worth that might be produced by an emphasis on deficits or weaknesses. For example, a close loved one of mine has struggled with school, but shifting to focus and emphasise their strengths in sports really helped promote a sense of self-esteem for them by emphasising their strengths.</p>
Jacques	yes @TideisTurning (PSW) I feel I am just better off on my own now, I have not had any friends IRL for over 23 years. I have got used to it now, I am better off just staying away from everyone so I can't get hurt.
bobbie	that sounds rough @Jacques
Amber22 (PSW)	<b>That would have been challenging @Jacques Thank you for sharing that with us tonight</b>
Jacques	if I could use my strengths I guess try to think more logically about things when I get anxious, all reason goes out the window when I have a panic attack. I wish I could tell myself how silly it is to have these thoughts and that I am safe.
Amber22 (PSW)	<b>That is very relatable, I wish I could tell myself that too sometimes, but in the moment all logic goes out the window for me! @Jacques</b>

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TideisTurning (PSW)	It's so hard when anxiety brain takes over @Jacques. Logic can absolutely go out the window, and it can take a bit to regain also :)
Cool as Cola	@Jacques I find I rely mostly on others when it gets too deep, it sucks, but I can't always make myself do the things I know help, but sometimes I can with assistance
sammy3	A strength in being anxious itself is that there is awareness of the anxiety. Some people just don't know they are anxious...
Amber22 (PSW)	<b>Our next question is from someone in our community: Hi, I find it very hard to celebrate any [strengths] as all I see are my failures. How does one change this? Can you relate to this? What ideas do you have on how you could celebrate your strengths?</b>
Jacques	I can relate to that @Cool as Cola my mum is a great help when I am overwhelmed
Amber22 (PSW)	<b>Absolutely!! @sammy3 That's a great way to look at it</b>
Amber22 (PSW)	<b>That's great that your mum is there for you when you need it :) @Jacques</b>
Jacques	wow, I can really identify with question 3 I often am so hard on myself telling myself I am stupid if I make a mistake and I look at my life of 41 years never having had a job and think to myself all my talents are just going to waste. I doubt I will ever have a job in my lifetime, my anxiety controls my whole existence. I guess all I can do is try to see the positives and the help I give to mums friends and family.
Amber22 (PSW)	<b>Welcome! @Shaz51</b>
Shaz51	hello @Amber22 (PSW)
bobbie	I think best to ask people around you what your strengths are? Trusted people of course. I sometimes find it hard to celebrate my strengths too, because of my upbringing (next to no praise etc). It's a bit of an alien concept to me still sometimes. But I am able to be fully relax and be myself, in a supportive environment, and that is when I feel my best.
Amber22 (PSW)	<b>I am so glad that the question resonates with you @Jacques Seeing the positives is such a hard thing to do somethings, so it is so great that you've been able to do that sometimes</b>

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Willy	@Jacques. Most of us seem to figure out our own way of coping but it is often a long way from optimal. I feel that there is a lot of stuff out there that can help us navigate better through life, but it is hidden away and often denied. I am becoming increasingly frustrated by the ignorance that pervades the mental health scene, particularly in Australia. Go and ask a so called expert about any of this stuff and you're likely to find yourself on an Involuntary Treatment Order. Complain and you are likely to have your already ridiculously high dosage increased. My best coping skill these days is just learning to stay out of the way of these dangerous, predatory mental health morons.
TideisTurning (PSW)	<b>Hey @Shaz51- we're talking about how you might be able to shift perspectives to see strengths rather than focusing on failures :)</b>
Cool as Cola	Because the dark times can get so dark, it's important to notice when things are (if not happy, at least) calm celebrate the small stuff, "wow got a good parking spot" "this coffee has the right amount of sweetness" "I love how I smell after a shower"
TideisTurning (PSW)	<b>This is such a tough thing! I've had a few experiences where qualities/ attributes I'd thought strengths were thrown back at me, reframed as some kind of 'problem' instead. It made me feel like these 'strengths' were some kind of flaw or failure and it made it hard to recognise them as strengths and to celebrate them. What really helped me in these situations is a few loved ones who highlighted and voiced their genuine appreciation of these attributes. Those situations helped me (re)learn to appreciate these qualities for myself and start to celebrate them as valuable strengths and attributes again.</b>
Shaz51	hello @TideisTurning (PSW) , sometimes it is tricky to do
Jacques	yes @Willy I have found the same, I have not had any good interactions with mental health professionals, I even got told by a psychologist I was faking my illness for 15 years to get the dole. SANE is the only resource I have found so far that has offered some support and guidance.
Jacques	hi @Shaz51
Shaz51	hello @Jacques
sammy3	I think finding something I enjoy about using the strengths or spending some time with people given out authentic compliments



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Willy	TidelsTurning you said! I've had a few experiences where qualities/ attributes I'd thought strengths were thrown back at me, reframed as some kind of 'problem' instead. I find this a big problem when people keep telling you that any effort you make to try and do something is bad, wrong , stupid etc and is just another symptom of your mental illness.
bobbie	I like your idea @Cool as Cola I think they call it not discounting the positive
Amber22 (PSW)	<b>Are there any qualities you have that you might not have considered a strength but actually could be considered a strength? For example, if you aren't great at forward planning, you've probably got a great strength with spontaneity! On the other hand, if spontaneity isn't such a great strength, forward planning might be a huge strength!</b>
Cool as Cola	stubbornness...
bobbie	oh boy, that is me spot on. @Amber22 (PSW) I'm not very good at being organised, prefer to be spontaneous
Amber22 (PSW)	<b>I am sorry that happened to you @Willy , that must have been really challenging. Sometimes it can be really hard to navigate when you are trying to put in effort and it isn't taken right.</b>
Willy	Jacques you said SANE is the only resource I have found so far that has offered some support and guidance.
Jacques	yes anger for me. I know it sounds weird but when I get angry or upset it over rides my anxiety and I can do things I normally wouldn't dream of.
Willy	my screen has stuffed up
TideisTurning (PSW)	<b>@Jacques. That's an awesome one! Anger, when channelled well, can be a fantastic fuel!</b>
Jacques	yes @Willy sane is the only place I have felt I have got support, I have been on another well known mental health forum and it almost cost me and my partner our lives.
Willy	Jacques it doesn't sound weird to me at all. I think it is pretty normal
sammy3	having strong emotions..can provide insight .. as long as I listen to it and not get uncomfortable by them

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Jacques	yes @TideisTurning (PSW) I hope that you understand what I mean, I stand up for myself I guess is what I am trying to say
<b>Amber22 (PSW)</b>	<b>I am so glad that SANE has been there for you @Jacques , we're so glad you're here with us</b>
Shaz51	I like half and half @Amber22 (PSW) with my past and my family members I have had to be a bit organised and spontaneity!
<b>Amber22 (PSW)</b>	<b>That is a good balance! @Shaz51</b>
<b>TideisTurning (PSW)</b>	<b>Also a tricky one to identify- it requires a bit of thought! It took me a while to recognise how much of a strength my tendency to forward think/ plan and organise can be. I can be one of those people who tries to anticipate potential problems and solve them before they're actually a problem, which can come in handy at times!</b>
Shaz51	ha ha sometimes my @Amber22 (PSW)
Jacques	@Amber22 (PSW)I am and will be forever grateful to all the staff at SANE for what you have all done for me since I have been here.
bobbie	Does being young at heart count? I realise many people will look upon it as being immature or whatever, but I feel it could be a strength. I get bouncy, witty, jovial when I'm happy and kid-like
Willy	An Anger when it is not veery carefully managed can get you into a shit load of trouble very quickly
<b>TideisTurning (PSW)</b>	<b>Yes @bobbie! I love that! Being so in touch with your inner child as some may call it is a wonderful thing :)</b>
Jacques	yes I have been there too @Willy it is something that has to be used/managed very carefully.
Shaz51	and with my husband if he goes too quickly doing things -- mistakes happen or things are done the long way round
Jacques	oh i do that too @Shaz51 it must be a male thing hahahahaha.
sammy3	I have observed that, kind of like bobby said, if you are with people who see the negatives it can be really anxiety provoking..but some other people will appreciate that..

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	It can be incredibly valuable to have the perspectives of others who know us well and may be better able to see and highlight our strengths when we aren't as aware ourselves. Who in your life might be able to provide this insight? How do you imagine they might describe your strengths?
Amber22 (PSW)	
Shaz51	I think it is my @Jacques xxxx
sammy3	a typical one for me is "being quiet".. some people have told me to talk more etc but it's stressful to be told. personality trait is bad. And there are groups who perfectly appreciate that personality..
TideisTurning (PSW)	<b>100% @sammy3!</b>
Cool as Cola	My husband provides the most insight, he often describes, when its good it's great, but it's not always good
Jacques	ooh my biggest supporters my mum and partner always have nice things to say, I am not sure what they would say maybe I am talented.
Willy	Amber you said It can be incredibly valuable etc .... I don't find this valuable at all because after all these years of being lied to, abused etc I don't trust anybody in fact your naive suggestion makes me very angry. Every time I try to trust someone I get my head kicked in
bobbie	For me, my therapist, my GP and my best friend.
Shaz51	my husband and I support each other
TideisTurning (PSW)	<b>For me, people like my mum and close friends are usually the ones to highlight strengths I might not have considered or been aware of. As for what/ how, I think it would depend on the person you ask! Some of the strengths I've had reflected back to me are my thoughtfulness and perceptiveness.</b>
Amber22 (PSW)	I apologise if that made you angry, it can be really hard to trust someone again after they have shown otherwise @Willy
Amber22 (PSW)	Aw that is so sweet @Shaz51 I am glad Mr Shaz is there for you, and that you are there for him :)

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Shaz51	my husband says I am his stable rock in his life , I take time to answer , he knows when I am thinking
Jacques	you are amazing @Shaz51 you have been such a wonderful support for Mr Shaz since I have known you :) he is very lucky to have you in his life.
bobbie	@Willy, I feel a strength of yours could be you are sure of yourself and your opinion. You are quite articulate. I'm sorry tonight feels rough for you
<b>Amber22 (PSW)</b>	<b>What are some ways that you could consciously use your own strengths more in day-to-day life?</b>
Willy	What Jacques said before about Sane forum I have found generally true not just in Sane but in other mental health communities. The crazier people are the more easily I seem to be able to relate to them.
<b>Amber22 (PSW)</b>	<b>I am so glad that you have found the SANE forums to be helpful for you, we really like having you on there :) @Willy</b>
<b>TideisTurning (PSW)</b>	<b>For me, I think it's just a case of keeping my eye out for more opportunities to use my strengths- can I lend a little extra kindness to a colleague having a hard day for example?</b>
Willy	So I guess one of my recently found strengths is openly acknowledging my madness. I have recently connected with the Mad Pride movement
Jacques	yes it is weird @Willy it is like an unspoken bond. I find the same too.
bobbie	I think applying the same kindness I would offer to a friend, to myself
<b>TideisTurning (PSW)</b>	<b>Love that @bobbie &lt;3</b>
Jacques	I would love to be able to use my skills and help out my mum and partner financially. both have done it tough and I want to be able to support them both one day.
Shaz51	to listen more and to help others on sane forum and in real life
<b>Amber22 (PSW)</b>	<b>Knowing how valuable others' perspectives can be, do you think it could be a nice thing to let the people in your life know what you think their strengths are? How might you do this?</b>

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bobbie	I can be a bit shy, so unless it comes up in conversations, it would be a text message. "
Jacques	I'm sorry you have had some terrible experiences too @Willy I do hope things will improve in the future. it is complicated.
TideisTurning (PSW)	<b>This is actually something I love doing- possibly one of my most favourite things is to shout out about how amazing my loved ones are, and sometimes others, and why. How I do it can depend though. I've written long letters for loved ones on significant birthdays telling them what I think all of their biggest strengths are, I've highlighted and expressed gratitude for strengths of others in cards or also in the moment when I see it. For example, I have a friend who seems to have a real superpower/ strength for coming through with fun activities when I've been going through something hard- when it happened a while back, I just called it right there in the moment.</b>
Jacques	I do try to tell mum that it is not her fault what happened to be and she is a great mum and brought be up with a good moral compass. my beautiful partner I try to build her up, but it is really difficult to get through to her how amazing she is as she has come out of a long term abusive relationship. trying to build up her self worth and self esteem is really difficult.
Willy	Lots and lots of us have had terrible experiences Jacques. Many people I know or knew have had it much worse. I don't think the public are aware of the treatment that gets dished out to seriously Mad people. My interest and motivation these days is with those mad people around who are actually trying to do something about. I find some of these people inspiring.
TideisTurning (PSW)	<b>@Jacques, I am so glad your Mum &amp; your partner have someone like you in their lives &lt;3</b>
Shaz51	@Jacques with your partner and mine, it takes time , sharing, caring, encouragement , being there for each other , respecting each other , it has taken years to get my husband where he is now , we still have moments and I myself have learnt soo much too xxxx, keep on keeping on my awesome forum brother
Jacques	thank you @Shaz51 all we can do is keep building our partners up and encouraging them.

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TideisTurning (PSW)	Hi @Lechuck :)
Amber22 (PSW)	Welcome!
Willy	Jacques, many years ago when I was first hospitalized we were all told/taught to get really angry at our parents. It was terrible advice to give to young people. Parents aren't perfect, I know because I am one of them but they/we do our best. The "blame game" is one of the most stupid games in town.
Shaz51	very true @Jacques and it is good when our partners want to be with us
Amber22 (PSW)	<b>Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? What strengths have we seen from each other here tonight?</b>
Jacques	I have not been told that but mum has told me several times she felt she was not mother material and I know she blames herself for the abuse I endured as a child at school. I have never blamed mum for what happened to me, mum and dad both tried to stop it. I hope you have supporting parents too @Willy
bobbie	appreciate and celebrate the small wins – like a good parking spot, a nice coffee etc. To consider what others may see as our weaknesses, to actually be strengths
Jacques	I guess I have learned tonight to try to be a bit more gentle on myself and try to remember I am worthy and I am part of this world.
Willy	My parents are long gone Jacques, I am now in my mid 70's and have grandchildren ranging from 2 to 19 years old
Shaz51	I agree @Willy
Jacques	wow, that is really special @Willy I bet your children and grand children bring you a lot of joy :) family means everything to me.
Amber22 (PSW)	<b>Tonight's topic may have brought up some heavy feelings as we talked about the challenges that we may have with recognising what our strengths are. Would some self-care be helpful for you after we finish? If so, what might you do?</b>
Shaz51	100 % @bobbie
Willy	Joy and heart break Jacques but that is life.

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Jacques	I'm really anxious tonight partly from this chat and mostly from life stuff. I will try to put on some meditation music and play with my worry beads.
sammy3	I realised to not wave them away when people tell me my strengths.. also to expand my compliment giving to circles those closest
Shaz51	Ha ha Coffee @Amber22 (PSW)
sammy3	outside* those
Jacques	I hear you @Willy life is complicated.
<b>Amber22 (PSW)</b>	<b>A nice cuppa! @Shaz51</b>
sammy3	I might do some yoga/meditation
<b>Amber22 (PSW)</b>	<b>Life can be complicated as @Jacques , thank you for sharing with us @Willy , it's lovely to hear that you have grandchildren! That's very special</b>
<b>TideisTurning (PSW)</b>	<b>@Jacques, I just want to note that you absolutely ARE worthy and a very appreciated and valued member of both Forums &amp; our Peer Group Chat community &lt;3</b>
Jacques	thank you @TideisTurning (PSW) that means a lot to me, more than you realise. I owe SANE so much.
Shaz51	ohh hugs @Jacques , you will have to start a new thread for you and I can visit you
Willy	Nice chatting to you Jacques. I find it hard to follow all the combinations going on around but then I have never been a party animal.
Jacques	you too @Willy hugs
sammy3	I agree with Willy on that one - I think the Freudian theories can take away our strengths that parents provide for us..
Jacques	thank you @Basil (Moderator) @Amber22 (PSW) @TideisTurning (PSW) for the wonderful topic and chat, it is really appreciated. good night all.

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	<p>Here are some further resources we recommend having a look at:  <b>1: Identifying your strengths</b> <a href="https://www.youtube.com/watch?v=JwNl1F21eK8">https://www.youtube.com/watch?v=JwNl1F21eK8</a>  <b>2: Survey of Your Character Strengths:</b> <a href="https://www.viacharacter.org/survey/account/register">https://www.viacharacter.org/survey/account/register</a> (you just need to quickly register to access the survey)  <b>3: Focusing on Your Strengths</b> <a href="https://www.youtube.com/watch?v=tIFPVhfPzNA">https://www.youtube.com/watch?v=tIFPVhfPzNA</a></p>
Amber22 (PSW)	
Shaz51	well said @TideisTurning (PSW)
bobbie	bit of yoga tonight seems essential.
Shaz51	@Basil (Moderator)
Amber22 (PSW)	<p><b>We would love to hear your anonymous feedback on today's group so we can continue to improve. It is voluntary, and will take about 4 minutes to complete:</b> <a href="https://forms.office.com/r/yk4HS4Snnf">https://forms.office.com/r/yk4HS4Snnf</a></p>
Amber22 (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion. If you'd like to be informed when our next Peer Group Chat will be taking place, you can sign up to our mailing list here <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a> . You can also ask questions for us to discuss in future peer chats!</p>
TideisTurning (PSW)	<p>Thank You @Jacques &amp; everyone else for being here tonight, your contributions &amp; sharing this space with us &lt;3 Take care all!</p>
Amber22 (PSW)	<p>Thank you everyone for joining us tonight :)</p>
Shaz51	thank you everyone
Willy	<p>I know my first psych hospital experience more than 50 years ago stripped me entirely off all the good hard work and values that my parents worked so hard to install in me. It has taken me a life time just to get some of it back, particularly the wisdom imparted by my dad. Some of these mental health "experts " are so destructive IMO. It was bad enough 50 years ago but from what I have seen around me lately it had gotten worse.</p>
TideisTurning (PSW)	<p>That sounds like a really interesting point @Willy, and we really appreciate you sharing with us, but we are nearly out of time tonight so wonder if you could take it back to the Forums if you'd like to discuss further?</p>



# SANE

We're people like you.

Amber22 (PSW)

Thank you for sharing @Willy , we're going to be closing the room now, please feel free to share this on the forums and continue the discussion there, we're really valued having you here with us tonight,