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Peer Group Chat

Date: 23/03/23

Title: Learning To Live With Anxiety

Description:

Anxiety can be really challenging to deal with and overwhelming at times, especially when you need to be focused on life's priorities. Let's come together to discuss our lived experiences and strategies for dealing with anxiety. This discussion could be a great time to learn some coping techniques or contribute to someone else's recovery.

TideisTurning (PSW)	Hi @rose03 & welcome :) We'll get started soon :)
Amber22 (PSW)	Welcome! @rose03 :)
rose03	thank you
Amber22 (PSW)	Welcome! New Guest :)

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TideisTurning (PSW)	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 Learning To Live With Anxiety.
TideisTurning (PSW)	Hiya @Shaz51! Great to have you here :)
Amber22 (PSW)	Hey! @Shaz51 :) So glad you're here
Shaz51	Hello @Amber22 (PSW) , @TideisTurning (PSW) , @Basil (Moderator) , @rose03 ;,D
TideisTurning (PSW)	<p>Tonight, Peer Support Workers @ TideisTurning and @Amber22 will be facilitating a discussion around the topic of Learning To Live With Anxiety. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, anxiety is something that can affect everyone. 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.</p> <p>Some of the conversation may be heavy in nature as we talk about the challenges and struggles that can come with anxiety. @Basil who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-faqs) or message @Basil</p> <p>We're looking forward to creating a space where we can reflect and learn more together about Learning To Live With Anxiety</p>
Basil (Moderator)	Hi @Shaz51!
TideisTurning (PSW)	Within this group tonight we'll be talking about:

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	<p>Our experiences of anxiety, and how we might share these with others Supports for coping, including our own tools/ strategies and people as well as supportive factors that may help ease anxiety experiences and ways we could support others</p> <p>Recovering from experiences of anxiety</p>
Amber22 (PSW)	Hey there @bobbie and @Brad47 ! Welcome :)
TideisTurning (PSW)	Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @TideisTurning
Brad47	Thankyou Amber22
bobbie	@Amber22 Hi hello everyone:D
rose03	hey everyone
Amber22 (PSW)	Welcome! anonymous :)
TideisTurning (PSW)	Q1: What is your experience of anxiety?
Amber22 (PSW)	Welcome! @Jacques
Jacques	hello ladies, gentlemen and gender neutral peoples :)
TideisTurning (PSW)	Welcome @Jacques & @Anonymous
bobbie	Anxiety is a curse...when severe
Shaz51	sweating, tears, headaches, pains
Jacques	my experience of anxiety has been a long and terrible one, from the age of 7 I have suffered with separation anxiety I still have to this day, I'm terrified if I have a night away from my parents something bad will happen to them. from the age of 8 I was abused by a catholic nun and since then I have suffered great anxiety about being trapped as I was locked in a room. when I turned 19 my dad died and my anxiety hit a new level where I just stopped leaving my

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	house, I'm 41 now and missed all my 20's and 30's the past 20 years had no friends, never had an int I'm ate partner, never had a job.
Amber22 (PSW)	I have experienced anxiety for as long as I can remember. I remember as a child I would have such big feelings and physical symptoms and I always thought that there was something 'not right' but I couldn't understand what it was. It was only until I was a bit older, and the doctor told me that it was anxiety, that things started to make sense.
Amber22 (PSW)	Hello! @ScoobyCat :)
TideisTurning (PSW)	Hi @scoobyCat :)
bobbie	anxiety means worrying about everything under the sun.
ScoobyCat	I am continuously worried about my future on a daily basis, job insecurity so afraid of no longer being able to afford paying rent, I also feel I have not accomplished much in life, I have depression as well as anxiety therefore I find it difficult to be interested in any hobbies
rose03	it's like a terrible tense feeling and complete worry the constant fear of panicking feeling like I'm dying in a sense I've been struggling with it for a few years now and I've only been told recently that it was anxiety I had not known what it was it's a scary feeling being like this for a few years thinking what is going on with me it's a struggle everyday doing the simplest day to day activities like I'm drowning and have no energy constant emotions crying every day and panic attacks that come out of nowhere the worst feelings to feel
TideisTurning (PSW)	Q2: What are some strategies and/or tools you use to cope with experiences of anxiety?
Brad47	After suffering depression most of my life and thinking that I was finally getting it under control I am now starting to find that anxiety has basically taken over.

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Jacques	Q2: guess for me the only thing that has truly worked is not putting myself in a situation to make me anxious, don't leave my house, never have a night away from home, never get to close to anyone.
Jacques	anxiety and depression usually go hand in hand @Brad47 I have found
Amber22 (PSW)	I think the thing that has helped me the most over the years has been seeing anxiety as my friend, rather than an enemy. That has helped me to not view it in such a harsh light, and not to feel bad about myself when I do experience periods of anxiety.
TideisTurning (PSW)	@jacques that sounds so hard to feel like you need to restrict yourself to avoid worsening anxiety. I'm sorry to hear you've had that experience
bobbie	talking to a friend/trusted person helps for me
Jacques	it can be hard and lonely @TideisTurning (PSW) it can be really frustrating too, but after 20 years of isolation. I'm sort of used to it. I don't know if I would be able to socialise even if I wanted to anymore.
Amber22 (PSW)	That helps me too @bobbie
bobbie	also, desensitisation exercises work for me
rose03	a few ways I have found to help cope with it all is exercise keeping the mind busy, being a spiritual person I find that certain crystals help keep me calm when in a social setting being one with mother nature has also helped helps keep me grounded
TideisTurning (PSW)	Before looking at coping mechanisms, when I can I like to try to consider the anxiety in itself- is it the useful kind of anxiety that will help me or is it the unhelpful kind that might get in my way? The answer to that usually informs what kinds of tools or strategies might be best. If the anxiety I'm experiencing is the unhelpful kind, breathing is a big one for me- simply breathing through it as much as I can, often guided. If it's helpful anxiety, a super common strategy for me is contingency planning. when I get anxious about possible 'what ifs', I start to plan for those 'what ifs'. Then, if the anxiety comes up again, I repeat that contingency plan to myself and/or add to it if I feel a need.
Brad47	@Jacques that does seem to be the case, I still have periods of depression but now they are triggered by the anxiety whereas in years gone by just the depression. as for coping, avoidance of situations & certain people is about all I have at the moment.

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Amber22 (PSW)	My clear quartz helps me sometimes with my thoughts @rose03
bobbie	cardio exercise also works for me
bobbie	before I do a scary thing, I go for a jog/brisk walk.
TideisTurning (PSW)	Welcome @sammy3 !)
Amber22 (PSW)	I think that knowing when to avoid certain situations, people etc is a great way to cope when you know what triggers your anxiety @Brad47
rose03	@Amber22 (PSW) that's beautiful for me a smokey quartz helps. same with amethyst but mainly tigers eye
sammy3	hello all..
Amber22 (PSW)	Hey @sammy3 !:)
Jacques	hi @sammy3 and @Shaz51
TideisTurning (PSW)	What might you need to help you feel more comfortable being open about experiences of anxiety, whether this be to seek support or to talk about it?
Shaz51	for myself , a shower , a cry in the shower , doing something helps having a coffee outside helps
Brad47	@Amber22, possibly, but at the moment some of those situations & people are important parts of my life so it typically just adds to the problem.
TideisTurning (PSW)	That's a tough one @Brad47!
Amber22 (PSW)	A coffee definitely! @Shaz51
Scoobycat	I can't avoid certain situations and people at work so it's difficult to cope when I am anxious
Jacques	I used to always be ashamed about having crippling anxiety, now I am at the point I just don't care what anyone else thinks of me, so I'm open to talking about all aspects of anxiety and depression, I did try to seek help and support but it didn't work out for me. so I cope with it myself as best I can.
Shaz51	for myself as a wife, I find it harder to help my husband at times @TideisTurning (PSW) , @Amber22 (PSW) as sometimes they don't like suggestions

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Amber22 (PSW)	I am able to feel more comfortable when I really feel listened to and understood. I find that when I am seeking support for my anxiety, I really appreciate people that have been through it as well, and that are able to understand what I am feeling. Especially as I deal with the physical symptoms of it, I find that people that have not experienced anxiety/ or that are educated on it, tend to think that I am sick and need to go see a doctor, which may cause me to feel even more anxious.
Jacques	I understand that really well @Shaz51 supporting my partner with severe PTSD is way more difficult than coping with my problems.
bobbie	a very non-judgemental space, and person to pour heart out to.
bobbie	sounds dumb but gentle, encouraging voice, like a parent to a young child
TideisTurning (PSW)	It's so tricky when it's not something you can't avoid or escape @Brad47 @Scoobycat . I wonder if a small reprieve would help, like seeking out a small break if you can for example
rose03	@bobbie that don't sound dumb at all I absolutely agree
Jacques	that is not dumb at all @bobbie it is really hard to talk to anyone especially when they are judgemental and hurtful. feeling safe is the only way any of us can open up
TideisTurning (PSW)	Hi @Captain24. Glad you made it!
Shaz51	totally agree @Jacques , then later we are able to have a talk about it
Amber22 (PSW)	Definitely agree, a calming gently voice helps so much @bobbie
Brad47	Typically, I have stopped talking to people about it due to the lack of understanding even from people who have experienced it.
Amber22 (PSW)	Welcome! @Captain24 So glad you made it tonight :)
bobbie	I think I just was not soothed enough as a kid, hence I find adult life difficult to cope with sometimes even the most basic of things.
Jacques	hi @Captain24
Amber22 (PSW)	That is totally understandable @bobbie

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Amber22 (PSW)	Welcome! @Snowie :)
Jacques	hi @Snowie
Shaz51	hello @Snowie , @Captain24 :1f6Od:
Captain24	For me just being understood
TideisTurning (PSW)	What kinds of support would be helpful in learning to live with anxiety? Do you have any of these supports in place and/or how could you engage these supports?
Jacques	for me in rural NSW there just are not the services out here, limited Psychologists/Psychiatrists, councillors and mental health professionals are a big problem. Cost is also a huge thing, out here it is \$300 for 1 20 min session. and limited access because the system out here is so overwhelmed.
Amber22 (PSW)	I think that having support while you are navigating anxiety is very important because you can learn a lot from being able to relate to others and to be able to reach out for help when you're going through periods of anxiety. The best support for me comes from my mum as she can heavily relate with me on my anxiety
Amber22 (PSW)	Wow that is a lot!! @Jacques
Jacques	sorry @Amber22 (PSW) just reality of the situation in rural NSW.
Brad47	TideisTurning, I tried to get a reprieve recently by taking some time off but unfortunately due to some other unexpected minor issues my anxiety took hold and ruined everything.
Snowie	Just talking about how I am going makes me anxious. I think some support in knowing I can speak to someone without being judged can be a huge support.
bobbie	Definitely regular counselling/talk therapy helps. CBT helps too. Having the right people around you. Avoiding people whose behaviour don't help your anxiety is also important.
Shaz51	The best support for me comes from my mum too @Amber22 (PSW) and that is what I really miss now that she is in hospital
Amber22 (PSW)	Don't say sorry, I wish it was more available for you! @Jacques
TideisTurning (PSW)	Non-judgement is huge @Snowie! <3

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Amber22 (PSW)	Aww hugs @Shaz51
Captain24	Someone helping me to understand what is going on and why I feel the way I do. What the body sensations are, the fear and why my head is spinning. I have a fantastic CM who is helping.
Amber22 (PSW)	The body sensations can be scary, it's great to have some support around it, and some explanation @Captain24
TideisTurning (PSW)	What kind of factors might help lessen experiences of anxiety for you?
Brad47	thankfully my wife and kids are understanding and supportive but are also often triggers for my anxiety as well for a number of reasons so it is an ongoing rollercoaster ride at the moment.
TideisTurning (PSW)	I feel those rollercoasters @Brad47. It's so hard when those you find most supportive can also trigger at times
bobbie	a routine, good diet, plenty of exercise/physical activity, good sleep as well. The sleep is paramount
Shaz51	my husband says I understand h l'm and support h l'm the most -- awww , but he has no one else
Snowie	I know I have the support of my husband and kids, but I worry that I place too much pressure on them. When I rely on them, it seems to increase my anxiety instead of lessen it.
Captain24	Feeling safe and comfortable in my surroundings. Not going places where there is too many people. So basically staying at home
Scoobycat	Living alone and being alone for so long now has caused my mental health to fail the most
Amber22 (PSW)	I think that being properly informed helped to lessen experiences of anxiety, as I mentioned before, my physical state would be impacted and therefore my anxiety would be even worse because I wouldn't know what was happening, so knowing what I am experiencing when it does occur helps to lessen the state that I am in. Also doing breathing exercises and making sure that I keep to my routine (as much as I can) also helps to lessen my anxiety.
Jacques	I'm not sure about lessening anxiety, fear is my whole life, always has been. sorry I don't have a better answer. I wish I could be rid of anxiety so I could be with my partner and have a little bit of life to live.

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Amber22 (PSW)	Do you have strategies that you can do by yourself that help? Like going for a walk, watching something to distract yourself, breathing etc? @Scoobycat
Shaz51	@Captain24 , my husband is totally the same my friend
Amber22 (PSW)	Don't be sorry at all, that is totally understandable @Jacques
Amber22 (PSW)	Aww Mr Shaz is lucky to have you @Shaz51
Captain24	Staying at home is not working either @Shaz51
bobbie	doing something scary with a friend, instead of by myself
Scoobycat	Amber22 yes I do though being alone for so long takes it toll despite the distractions I use
Captain24	I hear you @Scoobycat
Snowie	Things that lessen my anxiety are journaling and deep breathing. I try and not focus on too many things, because then I just get disappointed in myself that I couldn't do them
TideisTurning (PSW)	Anxiety can be sooo tricky to live with @Jacques. Fear too. Something I've learnt is, fear wants to keep us safe, but sometimes it's tricked- thinking we're not safe when we actually are.
TideisTurning (PSW)	I'm curious though @Jacques. If it's not lessening the anxiety, what helps you live with it more harmoniously?
Shaz51	Yes @Amber22 (PSW) but I still get anxious and worried when mr shaz has bad days
Captain24	My anxiety is climbing right now.
Amber22 (PSW)	Totally valid, I get that @Shaz51
Snowie	@Shaz51 I think my hubby feels that way too. He gets anxious when I am not having good days too
Jacques	yes @TideisTurning (PSW) my mind works really overtime keeping me safe and seeing perceived threats. I guess the only thing that makes the anxiety tolerable @TideisTurning (PSW) is meds, without them I would not cope, I never did before I got on them when I was 31, I would curl up in the foetal position and rock or cry myself to sleep. sleep helps me a lot too, it makes the days go way faster. I try to sleep as much as I can these days.
Amber22 (PSW)	@Captain24 We're here for you, is there something you can do to try and calm yourself right now?

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TideisTurning (PSW)	How could you support someone if they were experiencing anxiety?
Brad47	Having more time to step back and deal with everything that is going on at the moment would help but with bills to pay and a family to support that time is hard to find.
Jacques	my experiance supporting my partner is comforting her, listening to her and not being judgemental. just give her reassurance. offer phone numbers for sane, lifeline and suicide call back service if she is not coping
Amber22 (PSW)	Being there for them and really listening and understanding what they're experiencing is really important. Making the person feel seen and heard, as well as not feeling 'silly' for having these thoughts and sensations. For someone that has not experienced anxiety before it may be scary as well, so being a hand to hold if they need is really important too.
Shaz51	sure he does @Snowie , he loves you and he is thinking of how he can help you xxxx
Snowie	I would support someone just by letting them know that I am there for them. I would encourage them to breathe slowly, write down their thoughts and listen to them if they want to talk. I think some people instead of just listening they try to come up with solutions for them. Sometimes just being there helps, instead of trying to solve it all
Captain24	Listening to them and hearing them. Letting them know they are safe and comforting them. Take slow deep breaths with them
Shaz51	listening to them and hearing them , I wait awhile before able to talk with them and to add any suggestion
Snowie	I agree @Captain24, just listening to them and hearing what they want to say
TideisTurning (PSW)	I'm loving your approaches! You would all make wonderful anxiety supporters I feel :) <3
TideisTurning (PSW)	For me, it goes to show the power of coming from a place of lived/ living experience, and in a way, having 'been there'
Brad47	True understanding without any judgement is the best way to support someone but that can be hard if you are trying to deal with your own anxiety. One of my kids struggles terribly with anxiety as well which can often bring me down but I don't let them know that, and because I have openly discussed my struggles with them they seem a lot more comfortable talking to me about it.

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Snowie	I think coming from a 'lived/living experience' really helps @TideisTurning. It gives you a different approach to it I think.
TideisTurning (PSW)	Absolutely @Brad47. It can be a fine line, and you've got to be mindful of yourself with it
Captain24	It gives so much more understanding @TideisTurning (PSW)
TideisTurning (PSW)	Experiences of anxiety can often take a toll on us emotionally and physically. What might you find helpful in recovering from an experience of anxiety?
Shaz51	@Amber22 (PSW) mr shaz says when I am quiet he will say " you are thinking of something tho " hahah
Amber22 (PSW)	When I experience a phase of anxiety, whether that is a panic attack or just an anxious day/ week/ month, then it is really important to prioritise myself and make sure that I am doing what I can do to fill my cup back up. I find that taking things as slow as I can, and integrating some activities that make me feel relaxed is a big part of this, such as taking long baths, doing my breathing exercises, going for a swim, going for a walk, spending time with myself etc.
Amber22 (PSW)	Awww! He knows you so well @Shaz51
Jacques	for me when I do have a panic attack, just being left alone to work through it, I pace a lot around the house and having something to keep my hands occupied, I use worry beads. until the worst of it has passed.
bobbie	A warm bath. stay home do nothing kinda day
TideisTurning (PSW)	@bobbie Do nothing days are so wonderful!
Captain24	I'm trying to come out of a month long episode at the moment. I'm trying to rest when I need to. Hot shower and hot chocolate. But mostly (when I'm not working) I'm just staying home avoiding everything
Shaz51	mr shaz is soo like that too @Jacques ,
Snowie	I really find journaling helpful @TideisTurning. I also find taking a break from reality helps. Whether that be watch some tv or playing with the dog. Just something to take my mind off what is really happening. I know that won't get rid of my thoughts, but just having a break from them helps.

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Snowie	@bobbie a bath certainly helps
sammy3	To clarify, is this when we have other emotions as a result of anxiety like being sad and/or physical tensions/headaches, or is this anxiety itself as an emotion?
Jacques	aww I'm so sorry @Shaz51 it must be heart breaking when he is like that Shaz. you are the most amazing wife, you should be so proud of the love and care you give mr shaz
Shaz51	I miss my Epsom salts baths @Amber22 (PSW)
Amber22 (PSW)	Either! @sammy3
Snowie	However, I can't stand when people tell me to relax. If I could relax then I wouldn't have high anxiety in the first place
Amber22 (PSW)	Aww @Shaz51 <3
Captain24	So true @Snowie
Amber22 (PSW)	So true!! @Snowie
TideisTurning (PSW)	So relatable @Snowie :)
Jacques	yes @Snowie or when they say just get over it
bobbie	Shaz51@ I have found a magnesium supplement akin to Epsom salt bath effect (same thing really) just need to be careful of the dosage
Brad47	At the moment for me it's just time and the duration really seems to vary and the biggest problem is it never seems to last because just when things seem Ok it all of a sudden goes downhill. Over the last 18 months I have worked extremely hard to improve my physical health and fitness in the hope it would improve my mental health and have achieved awesome results physically but unfortunately absolutely no improvement mentally.
Snowie	@Jacques so true when they say just get over it. Ahhhh
sammy3	Lots of rest, like doing something "happier" for a while that's not going to aggravate in anyway like scrolling or checking email
Amber22 (PSW)	That is tough, it's a great step that you're trying to do the best that you can physically so hopefully help you mentally @Brad47
TideisTurning (PSW)	Yes @Jacques! 'just get over it' makes me shudder!

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Jacques	I always think of slapping myself on the forehead and saying "gosh why didn't I think of that" when people say that to me. lol
TideisTurning (PSW)	Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?
Shaz51	will have to get some @bobbie
Shaz51	yes some crazy sayings @Snowie , @Jacques , @Amber22 (PSW)
sammy3	if it's anxiety itself then I aim to analyse the source of my anxiety and address it
Jacques	yes tonight I have learned how I feel and the things I experience are normal to anxiety, it is tough when you don't see others going through the same thing.
Amber22 (PSW)	I have learnt that everyone copes differently, and that different things help reduce different people's anxiety
TideisTurning (PSW)	I'm glad you've been able to connect with some kindred spirits here tonight @Jacques
Jacques	Sane is amazing @TideisTurning (PSW) it has literally saved my life. many times.
Captain24	That I'm not alone
Shaz51	very true @Amber22 (PSW)
Snowie	@TideisTurning (PSW) One of the most important things I have learnt is how having patience is so important. To support someone else with anxiety you need to sometimes just listen and wait until they are ready to talk. Also learnt that everyone deals with anxiety in so many different ways and that there are so many ways to help your own anxiety.
Shaz51	hugs my forum brother @Jacques
TideisTurning (PSW)	Tonight's topic may have brought up some heavy feelings as we talked about the challenges and struggles that can come with anxiety. Would some self-care be helpful for you after we finish? If so, what might you do?
Jacques	same @Shaz51 I would not be alive without SANE and your support
bobbie	cuppa decaf tea

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Jacques	I'm going to have a coffee and a hot cross bun tonight to treat myself, and yes I know it is not easter yet, but they are so damn yummy!!!!!!
Amber22 (PSW)	Yumm!! I'm going to have an easter egg hehe @Jacques
Snowie	I am heading to bed to watch the footy and write in my journal. It helps ease my tension for the day if I can write it down.
Shaz51	very very true @Snowie and the only way to do this is too be with them and listening to them
Captain24	I'm going to have some dinner and listen to the massive storm
sammy3	Q4) I'm inspired to routinise exercise which I tend to lose track of without a gym membership
Shaz51	awwwwww @Jacques xxxxx
Jacques	aww enjoy @Amber22 (PSW) have a little piece for me :)
sammy3	Q5) Listen to music/ eat some snacks
Shaz51	a shower and a big coffee for me @Amber22 (PSW) , @TideisTurning (PSW) , @Basil (Moderator)
sammy3	(fruit, kombucha and tea later)
TideisTurning (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1 Dealing with Anxiety (TedTalk): https://www.youtube.com/watch?v=BPE5OpYrILM</p> <p>2 What is Anxiety: https://www.healthline.com/health/anxiety</p> <p>3 Living with high functioning anxiety- https://www.youtube.com/watch?v=JUedQO_EGCQ</p>
Jacques	thank you so much for another wonderful talk tonight @Amber22 (PSW) @Basil (Moderator) @TideisTurning (PSW) I find them so valuable and am grateful for your time and guidance. thank you
Captain24	Thank you and sorry I was later
TideisTurning (PSW)	<p>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: https://forms.office.com/r/yk4HS4Snnf</p>
sammy3	Thank you for your warmth

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bobbie	goodnight everyone and thank you
TideisTurning (PSW)	No worries @Captain24. You made it in the end!
Jacques	good night all
Amber22 (PSW)	Thanks so much for joining us tonight, we've loved having your company everyone! :) And thank you for sharing all of your thoughts
TideisTurning (PSW)	Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like here https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Learning-To-Live-With-Anxiety-Thursday-23rd/m-p/1273831#M326413 Keep an eye out for the next Peer Group Chat discussion about The Place of Perfectionism. If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here https://www.sane.org/peer-support/peer-group-chat. You can also ask questions for us to discuss in future peer chats!
sammy3	Bye!!
Brad47	For me I would say no but it was still an interesting conversation. One of the points I would like to make is that anxiety seems to come in a lot of different forms and is caused by a lot of different reasons which is what can make it hard for other people to understand. Looking at my life from the outside I am doing pretty good which is why most people can't understand why I am the way that I am and I hate myself for being this way and I feel that I have no right to be when there are plenty of other people doing it tough but unfortunately that is the problem with chronic mental health issues.
Amber22 (PSW)	That is a really great summary, thank you for sharing!! @Brad47 I hope you have a great night :) Thanks for joining us, we hope to see you again soon!
Amber22 (PSW)	We're closing up the chat room now :) See you next week!