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Peer Group Chat

Date: 14.09.23

Title: Creating Calm Amongst Chaos

Description: Have you ever longed for a stronger sense of calm? Join us to share some ideas that help you to create calm in your life, and maybe even learn some new techniques too!

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 Creating Calm Amongst Chaos.
TideisTurning (PSW)	Hey @Dark_Olena, great to see you made it!
Amber22 (PSW)	Welcome! Dark_Olena.

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TideisTurning (PSW)	<p>Tonight, Peer Support Workers @TideisTurning and @ amber22 will be facilitating a discussion around the topic of 'Creating Calm Amongst Chaos' Whether you have lived experience of complex mental health issues, you care for someone who does, or both, A sense of calm can be really beneficial for 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. Some of the conversation may be heavy in nature as we talk about struggles to create or cultivate calm in our lives. @jynx 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 @jynx. We're looking forward to creating a space where we can reflect and learn more together about Creating Calm Amongst Chaos.</p>
TideisTurning (PSW)	<p>Within this group tonight we'll be talking about:</p> <ul style="list-style-type: none">• What calmness might look & feel like, and what calm entails for each of us• How we might create and maintain a sense of calm and the barriers to doing this• The impacts of a sense of calm, or lack thereof
TideisTurning (PSW)	<p>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 & share a self care plan for after we wrap up the discussion his evening. I'm @TideisTurning</p>
Amber22 (PSW)	Welcome! @Catz28
Catz28	Evening
TideisTurning (PSW)	My self care plan for the evening when we've wrapped up is a good sleep! What about everyone else?
Amber22 (PSW)	Hey! @Captain24
Amber22 (PSW)	Mine will be a nice cup of tea :)
Captain24	Hi all.
TideisTurning (PSW)	Welcome @Captain24 & @Catz28 :) Great to have you both here!

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Catz28	Same here @TideisTurning (PSW)
Captain24	My self care will be going to bed. I work tomorrow so my alarm will go off at 4:30 in the morning
Amber22 (PSW)	Very early! @Captain24
Captain24	Yep @Amber22 (PSW) Early starts for the next 3 days
TideisTurning (PSW)	Let's get started with our first question :) Q1: What does the feeling of calm mean to you?
Amber22 (PSW)	Welcome! @Jacques
Jacques	hello ladies, gentlemen and gender neutral peoples
Captain24	A feeling of peace. A general comfort within myself.
Jacques	nice one @Captain24 i hope it lasts for you.
Amber22 (PSW)	Being able to relax, and not worry about the past or future, but just be chilled out in the present
Captain24	Hahaha that's so not what I'm feeling now @Jacques
Catz28	Peaceful, relaxed, at ease
Jacques	i rarely can live in the present i spend all of my time in the past and future, i just can't let go.
Amber22 (PSW)	Welcome! @Snowie
Snowie	being comfortable with myself, being relaxed and present
tyme (PSW/ Moderator)	Just popping in to say Hello :)
Captain24	Hi
Amber22 (PSW)	Oh hey!! @tyme
Jacques	hi @tyme (PSW/ Moderator)
Snowie	calm to me is also when mentally and emotionally I am relaxed. That I am comfortable in my own skin.
TideisTurning (PSW)	It sounds like calm can be comfort, relaxation and peace. Q2: What might you need to feel calm?

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Jacques	oh sorry i didn't see the first question, silly me. calm means for me a state of no panic or fear. to be able to just be. i have never experianced it. but that is what i think i would like
Captain24	Stability with my bipolar
Snowie	To feel calm I need my head and body to be on the same page. I need to be able to have these feelings and feel comfortable with them.
Amber22 (PSW)	I need to feel stable where I am, and to feel comfortable, and at peace
Amber22 (PSW)	Oh that's a good point! @Snowie
Jacques	Q2 im not too sure, i guess have my dad back and be a child again. in times that where less messy and comlicated. i do remember a time when i was 7 where i was truly calm and free. it is a fleeting memory from time to time.
Amber22 (PSW)	Aw that's really lovely that you have that memory @Jacques
Catz28	Feeling safe and comfortable and that my brain is feeling settled
Jacques	yes @Amber22 (PSW) only have 2 or 3 but they keep me hopeful i can have them again one day.
Captain24	I do find it calming to be at the ocean watching the waves. But I can't get there very often.
Snowie	to feel calm I need a safe space too.
Snowie	@Captain24 that does sound calming
Catz28	@Captain24 I also find being near the ocean very calming
TideisTurning (PSW)	I'm hearing feeling settled, safe and comfortable can help facilitate a sense of calm. Q3: How might you be able to create more calm in your life?
Amber22 (PSW)	I find that when I meditate in the morning it helps the rest of my day to be more calm
Captain24	Go to the beach more often. I do find the occasional calm when in nature but I'm not sure how to bring that into my life.
Jacques	Q3 im really not sure how i can find calm in my life, sorry

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Snowie	by choosing activities that help me to calm down. Like going for a walk, journalling, playing with the dog.
Jacques	i was hoping to move to my partner and start a new life in thhe future, but i had to tell her a few weeks ago i will never be able to be with her. it was heart breaking.
Catz28	a quite spot all to myself. Going for a walk. Being near the ocean or out in nature
Amber22 (PSW)	Oh I am so sorry @jacques, sending you lots of virtual hugs
Captain24	I'm sorry @Jacques That must be tough
Amber22 (PSW)	Journalling and walking really help me too @Snowie
Jacques	it is what it is, i know im not normal and i know she deserves better than me, i was just not meant for this world.
Jacques	sorry i know it is a bit full on for this chat.
Jynx (Moderator)	I try to remember I have to make time for it. It is as important to schedule in things that bring calm as it is to put anything else into my calendar - walks in nature, watching a good movie, spending time in the sun.
Jynx (Moderator)	Not at all @Jacques it is obviously something really impacting you, and it's good that you're able to share it with us
Amber22 (PSW)	Aw @Jacques , even if you don't feel it right now, you are really loved and appreciated. It's okay to feel the way you're feeling, thank you for sharing how you're feeling with us
Jacques	i might jump off, this chat topic is a bit to hard for me. sorry.
Amber22 (PSW)	That's totally fine @Jacques , thank you for joining us so far
Snowie	take care @Jacques
Jynx (Moderator)	Look after yourself @Jacques reach out to us or the forums team if you need
TideisTurning (PSW)	Creating calm can be hard sometimes. Q4: What might be the impact of a lack of calmness, especially in chaos?
Amber22 (PSW)	Welcome! @Glisten

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Dark_Olena	Having alot of trouble
Captain24	Feeling out of control. Stressed. Intrusive thoughts.
Dark_Olena	techy setups hard for me, almost giving up
Jynx (Moderator)	You made it in @Dark_Olena good to have you with us!
Dark_Olena	My heads a tornado too often
Amber22 (PSW)	When I have a lack of calmness I often feel really anxious
Catz28	Unsettled, on edge all the time, thoughts racing out of control, unable to focus on things
Amber22 (PSW)	All very valid - I get that too @Catz28
Snowie	feeling anxious, having more thoughts, feeling out of control
Dark_Olena	breathing techniques help calm
Captain24	Feeling like giving up. Hopelessness.
Dark_Olena	lengthening the exhale after inhale brings on the parasympathetic and is very calming and relaxing for me
Amber22 (PSW)	Oh that's so interesting! @Dark_Olena
Dark_Olena	Always looking for ways to calm and stop thinking
Dark_Olena	I get the dreaded 3am negative thinking
TideisTurning (PSW)	Lack of calm, it sounds, can lead to a number of unpleasant experiences. Q5: How do you maintain a sense of calm in your life?
Amber22 (PSW)	I like to do meditations/ breathing exercises, and I also like to try journal my thoughts out (even though this does not happen as often as I should!)
Captain24	I really don't know. I wish I could find it in daily life instead of questioning why I'm even here.
Jynx (Moderator)	For me nothing beats being in nature - especially getting out of the city to do so. The sounds of birds and bubbling brooks do more for me than anything else.

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Dark_Olena	Insight timer app is really good, many meditations for sleep stress anxiety and chaos. physical movement is helpful
Snowie	by filling my days with things that I like to do, having stability, trying to focus on the positives and surrounding myself with people that I am comfortable with
Amber22 (PSW)	Oh @captain24, I'm so sorry, sending you lots of hugs tonight
Amber22 (PSW)	Oh I'll check that out! @dark_olena, routine is a big thing for me too to have some kind of stability @Snowie
Jynx (Moderator)	Also got a big hug for ya here @Captain24
Catz28	Breathing exercises. Quiet time with my cats. Listening to music. Going for a drive either to the ocean or out into the countryside
TideisTurning (PSW)	Downtime is a big one for me.
Dark_Olena	I love a nap, feels good
TideisTurning (PSW)	Q6: What barriers might there be to feeling calm amidst life's chaos? How might we be able to overcome these barriers?
Amber22 (PSW)	Sometimes motivation can be a bit of a barrier - like I know that I should sit down and journal or meditate but I can't seem to get myself to do it. Or time can also be a barrier if I am really busy and unable to carve out a bit of my day to relax
Jynx (Moderator)	Being busy all the time - scheduling nightmares beget chaos
Dark_Olena	believing the negative thinking is my barrier
Snowie	I think my biggest barrier is my own mind.
Catz28	Barriers - work, sport, school, life in general. Overcoming them by trying to find special time for oneself
Captain24	Not sure knowing the feeling of calm in everyday life. Knowing that you don't deserve it.
TideisTurning (PSW)	I believe everyone deserves a little calm @Captain24 , especially those who have or are experiencing a lot of chaos :)

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Jynx (Moderator)	@Captain24 everyone deserves calm, no matter who they are. You aren't exempt from that at all
Captain24	Being told that it's your own fault that you are in this space makes you feel undeserving
Amber22 (PSW)	Oh that would be so tough @Captain24 , I'm so sorry you've been told that
Captain24	It's been a tough day @Amber22 (PSW)
Jynx (Moderator)	Whoever told you that was very wrong @Captain24 - everyone is a product of their experiences, environment, heck even our genetics has a role to play.
TideisTurning (PSW)	To borrow from a song lyric @Captain24 ; "We're a product of what feeds us, You never gave me half a chance"
TideisTurning (PSW)	Q7: How do you think creating calmness will positively impact your life?
Captain24	Feeling less hopeless and worthless. Reducing certain thoughts. Feeling at peace with who you are.
Snowie	help me think more logically, give me some peace during the day, be less stressful, helps me focus more on the life that I want
Dark_Olena	Accepting it all for what is and that I cant make anyone be or do anything
TideisTurning (PSW)	I hadn't thought of that @Snowie, how calmness could help engage or re-engage logic, but it's so true!
Amber22 (PSW)	I think it will allow me to be less anxious and overthink less, and be more present within the moment
Jynx (Moderator)	Better able to tackle the stressful stuff because my cup won't be empty
Catz28	Less chance of emotional outbursts. Feeling at peace with myself. Feeling less anxious. Help me focus on things each day
TideisTurning (PSW)	<p>Here are some further resources we recommend having a look at:</p> <ul style="list-style-type: none"> • 1 How to stay calm when you know you'll be stressed: https://www.youtube.com/watch?v=8jPQjjsBblc • 2 The 7 Habits of calmness: https://zenhabits.net/calm/ • 3 Four ways to calm your mind in stressful times: https://greatergood.berkeley.edu/article/item/four_ways_to_calm_your_mind_in_stressful_times

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Dark_Olena	thankyou, so kind of you
Snowie	thanks for the links @TideisTurning (PSW)
Catz28	I'm logging off. Has been emotional seesaw today for me and am getting very tired. Evening everyone
Snowie	Goodnight @Catz28 I hope you can do something calming tonight
Amber22 (PSW)	Thank you for joining us tonight, I hope you have a restful night @Catz28
TideisTurning (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion.</p> <p>You are more than welcome to continue the discussion over on the SANE Forums if you would like here:</p> <p>https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Creating-Calm-Amongst-Chaos-Thursday-14th/mp/1336506#M346069</p> <p>Keep an eye out for the next Peer Group Chat discussion about The Place of Pride If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here:</p> <p>https://www.sane.org/peer-support/peer-group-chat</p> <p>You can also ask questions for us to discuss in future peer chats!</p>
Dark_Olena	Night all
Amber22 (PSW)	Good night everyone! Thank you for joining us :)
TideisTurning (PSW)	Take care and enjoy your sleeps. I hope they bring calm, peace and restoration :)
Jynx (Moderator)	Thanks for sharing everyone <3
Captain24	Good night

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Snowie	Thanks for the chat tonight. Going to log off, get into bed and write in my journal. Goodnight all
Dark_Olena	how do I log out
TideisTurning (PSW)	In the top left hand corner, there'll be a drop down next to your name. The logout option should be under there :)