

SANE

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SANE Peer Group Chat

Date: 16/06/2022

Title: Being Mindful

Description: Mindfulness may be understood, simply, as being present. For many people, the concept of "presence" may be new or provoke different emotions. Let's come together to share our thoughts about mindfulness.

**LittleSteps
(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 Being Mindful. We really value your thoughts on how these groups go, so we will send a link to a short survey at the end of this event for you to complete. While this survey is optional, it is a chance to provide feedback for us to improve our services. In case you might need to leave part way through the event, you can find the survey here now:
https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW

the magician

hello people hope all are having good week

LittleSteps
(PSW)

Hey @the magician! :)

LittleSteps (PSW) Tonight, Peer Support Workers @LittleSteps and @Sirius will be facilitating a discussion around the topic of Being Mindful. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, the concept of presence may provoke different emotions, or be intriguing. 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 the benefits and difficulties of being present. @LunaSky 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#what-if-i-am-having-a-tough-time-and-need-immediate-support>) or message @LunaSky. We're looking forward to creating a space where we can reflect and learn together and expand our ideas of Being Mindful!

Best24 Hi the magician my week went well thanks. yourself?

Sirius (PSW) Hello @the magician! :)

LunaSky (moderator) Hi everyone, lovely to be here with you this evening

LittleSteps (PSW) We are going to go ahead and start with the discussion tonight :)

the magician good week mum gave me wake up calls to get back on track so I don't miss things. i was pleasantly surprised enjoying things

LittleSteps (PSW) **What do you understand mindfulness to be?**

Best24 Sure, my understanding of being mindfulness are when we have our own beliefs to to the practical tasks and routines.

Sirius (PSW) @Best24 that's a great way to think about mindfulness. Quite simply for me, mindfulness involves shifting my focus to be aware of the present moment, not past or future experiences. It assists in anchoring you back to the present moment through tuning into your breath, body and senses.

LittleSteps (PSW) Hello @Dimity1 :) Welcome!

the magician i break things up into chunks so i can focus attention on one aspect of an activity at time to appreciate all parts of it. what about being mindful about power usage?

Best24 That are good sympathy Sirius (PSW).

LittleSteps (PSW) **What might be some benefits of being present?**

Best24 I think being powerful about power usage are where we recognise the depth of the information and awareness.

the magician not worrying or ruminating on the bigger picture

Best24 Benefits that are being present when everybody agrees on their senses and practical body uses in a different manners.

LunaSky (moderator) for me the benefit is a calming of the mind, just one thing – not lots of things going around and around. It gives me space.

the magician not worrying about the future just on the next thing that way the present stays preset and the future is taken care of.

Sirius (PSW) @the magician yes that is important, to focus on the present moment in time. For me mindfulness helps relieve unpleasant thoughts and sensations in my body and allows me the ability to let stressful thoughts or feelings filter through without getting caught up in them. Mindfulness really helps to improve my attention and concentration.

Best24 taking care of self representation are good one as well. I am all agree.

LittleSteps (PSW) I feel that being present has had an impact on me in that it means I am not focused on the past or the future :)
the magician being present means really living

LittleSteps (PSW) What might be some situations or contexts where mindfulness and presence may not be as appropriate or helpful?

Sirius (PSW) @the magician absolutely, I couldn't agree more. :)

Best24 I think these are not appropriate when we expel the content of living activities.

the magician something you have to be in drill mode for

Best24 Things that are helpful for being mindfulness are when we dealing with self-esteem and self gratifications.

LunaSky (moderator) sometimes if I am overwhelmed, I can only be present to my own feelings, to know to get some space for myself, rather than being present to the environment as it could be too stimulating

LittleSteps (PSW) Hello @Jacques! :)

Best24 I have lacking of self-confidences sometime for example, my current living activity and further minding.

LittleSteps (PSW) Hello @jimbo2!

Sirius (PSW) For me living with C-PTSD, when trying to process traumatic events I've been working through with my therapist, I can become highly stressed and triggered. This makes it really difficult to practice mindfulness and being in the present moment as I tend to dissociate as I'm unable to connect my mind and body. This might be something others

here tonight also might also experience when trying to practice mindfulness, more information regarding this can be found in the resource provided about accessible/trauma informed mindfulness.

Jacques hello littlesteps and everyone :)

the magician reflecting on life and its opportunities helps feel more positive about what sort of person you are and how far youve come

Jacques i find mindfulness only works for me if i use it before an anxiety event happens, it is too late once i have a full on panic attack

LittleSteps (PSW) As we have explored in the previous question, mindfulness can have different effects for different people. What does mindfulness look like for you, in your specific context and unique experiences?

Best24 I have a mild Mental Health function of Schizophrenia and Depressive Episode.

Jacques mindfulness for me is headphones in an listening to music, using smell and touch to feel grounded. sometimes even inscents sticks, sandle would works best for me

Best24 In my thought I think mindfulness is look like a deep heat of severe hill below the ocean.

the magician mindfulness works for me with the type of therapeutic activity. outdoors musical instrument art writing a nice mocha in the cold....

Jacques i really struggle to ground myself of a night, i get so scared and overwhelmed i just break down

LittleSteps (PSW) Hello @Grayhorn! :) Welcome!

LunaSky (moderator) sometimes to move into the present moment I need to do something physical...a cold shower, swim in the cold bay or hard physical work always gets me into the present moment. It is like a reset

the magician resets work better than sleeping

Sirius (PSW) I have similar experiences to you @Jacques. When I'm highly stressed or triggered, mindfulness breathing exercises aren't enough for me. I find engaging in more somatic techniques of mindfulness like pendulation (moving between a state of arousal triggered by a traumatic event and a state of calm) or grounding techniques helps bring me back into the present moment.

the magician lamps and oils work for me too.

the magician respite in group camps saved me from voices

Best24 Write down what are your worries and thought during the temptation of your activities helpful as well.\

LittleSteps (PSW) **When/if you practice mindfulness and presence, what emotions come up for you?**

Best24 I have a bit problem of calm myself down when I got overestimated things that are around me.

Sirius (PSW) Definitely @Best24 journaling can be a really effective way to help move through those thoughts and feelings.

Jacques my emotions and feelings are usually numbness and feeling blank, almost like my mind resets, breathing slows, if i could cry sometimes i would, sometimes a calm slowly coming over me.

the magician for me its a difference of opinion with my doctor that high expectations are harder if you have a mental illness. But isn't everything? why let that stop your goals dreams and ambitions if they're that important to you. feeling like you are capable of something can bring mindfulness

Best24 Just for emotion I think nourishing and tender.

Sirius (PSW) When I practice mindfulness, I often feel frustrated in the beginning because I'm unable to keep up with the timing of the breathing exercise (which also makes me anxious) or if it's a meditation all the thoughts that rush into my head. However, the more I sit with the feelings and continue the mindful exercise these feelings slowly subside.

the magician i recommend five minute mindful breathing on spotify

Jacques oh do spotify have mindfulness things magician?

Sirius (PSW) Great suggestion thanks @the magician !

the magician yes its called moments of mindfulness theres heaps of options

Best24 I think medical treat for lacking of emotional and well-being would be another good ones.

Jacques has anyone heard of tara brach, a friend put me onto her youtube clips, she is really good at explaining mindfulness, maybe the mods and psw could see if it might help others.

Jacques thanks magician i will look it up :)

LittleSteps (PSW) Thank you for the suggestion @Jacques :)

Best24 For those thing likes Vitamin and fibre for health.

Best24 *I mean for health and minds*

the magician a wellbeing gummie tablet sounds great. haha i have chamomile with vanilla and honey it has amazing effects.

LittleSteps (PSW) If mindfulness is something you find difficult or inaccessible, how might you make it more accessible or doable for you, if it is something you would like to pursue?

Best24 That looks interesting the magician.

the magician by taking a second look at things

Best24 I might finding the best basic technic how can I deal with mindfulness likes Pilates, Yoga for Health and Mind.
Jacques sensory box my partner finds really helpfull, i find following along with mindfullness chats i would like to try excercising and using breathing techniques, i find sometimes i lose controll of my breathing

the magician yoga and the hydraulic pool do it for me. id love to do martial arts. whats sensory box?

Sirius (PSW) From my experience, what really helped me was feeling safe and comfortable in the environment where I'm practicing mindfulness. :)

LunaSky @Jacques. that is so understandable with losing track of breathing. I learned once, that counting your breaths up to five and backwards from 5 can help. When you lose track, start again. I find that is helpful for me
(moderator)

Jacques A sensory box is a container filled with interesting sensory toys that appeal to and stimulate the five senses: gustation (taste), olfactory (smell), tactile (touch), sight (visual), and auditory (hear). Typically they are used for sensory breaks, play, learning, relaxation, stimulation, exploration, and meditation

Best24 I am not ending up with medication well, when I have try at least 4 mins.

Jacques i will try that lunasky, i sometimes try holding my breath when i realise my breathing is out of controll, to try to reset it, it does work sometimes.

the magician feeling safe at home is important. making an anxiety free zone. apply smart goals to whatever concerns you. Cool ill google a sensory box. does it help with anxiety and refocussing thoughts?

Jacques yes, that is what it's main aim is magician, my partner swears by it, it really helps her come back to the present when she is having flashbacks

the magician	awesome i want one:innocent:
Best24	Be finding the speed of heart rate also good as well.
Jacques	you don't need to buy things for it, my partner uses items around her house,, so simple. just things that mean something to you and have a place to put them so you have them at hand when you need them
LittleSteps (PSW)	How might presence impact on your broader life?
the magician	reaching achievement levels without stressing out.
the magician	concentration attention focus
Sirius (PSW)	I find the same thing too @the magician Mindfulness has been hugely beneficial in improving my attention span and concentration, but also my sleep as well. :)
Jacques	i think if one can harness mindfullness it will help in broader life by allowing you to enjoy it without the anxiety and panic attacks, i have sometimes managed to overcome panic attacks and talk to people online and have a good time. i hope that makes sense.
Best24	I think presence has impact on what are your deserve and get over it unless you still avoiding the maintain severe of mindfulness and be self-managed.
LunaSky (moderator)	for me it feels like the more you practice mindfulness, the more quickly or easily you can move into it. Giving overall less stress and ways to cope when stress or strong emotions arise
the magician	planning exiting challenging things out of your comfort zone and feeling a buzz

Jacques	mindfulness also helps me feel in control, when i have panic attacks i feel like ihvae lost cotrol, mindfulness helps give me control back
the magician	100%
LittleSteps (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?
the magician	about sensory boxes and resets, mindfulness as a lifestyle
Best24	Yes, i did learn lot of life manners and a few situation that all are face and trying to solve their problems.
Jacques	yes, magician meantioning the spotify podcast, that will be a real help to me, also lunasky talling me about counting backwards for breathing control i will try tonight.
Best24	Likes mediation and the way of how are people dealing with their overcome of self reaction
LunaSky (moderator)	I have found this chat really helpful in re prioritising mindfulness in my life. Thank you to everyone that has contributed
the magician	i just want to keep the mindful appreciative mood going
LittleSteps (PSW)	I learnt about so many different and new resources related to mindfulness! I've heard of spotify podcasts, youtube videos and sensory boxes tonight! :)
Jacques	thank you mods, PSW and guests here, i have really enjoyed tonights chat, i might call it a night, im tired hugs everyone.
LittleSteps (PSW)	Tonight's topic may have brought up some heavy feelings as we talked about the benefits and barriers to presence. Would some self-care be helpful for you after we finish? If so, what might you do? :)

LittleSteps (PSW) Bye @Jacques! :)

Sirius (PSW) It was great chatting with you @Jacques have a lovely rest of your evening!

the magician i want to sit down with warm blanket and read my book escape into it for an hour or two

LittleSteps (PSW) That sounds real good @the magician :)

Best24 I might researching into a Headspace websites and try to listening to something that helps me with sleep and breathing.

LittleSteps (PSW) **We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat. We'd love to hear any feedback you may have. It will only take a few minutes to complete. Please click this link: https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW**

the magician is it time already?

LittleSteps (PSW) @the magician - we're basically just wrapping up :) We will post the resources in just a moment, if you'd like to stick around for those. Otherwise you are always welcome to read through the transcript when it is up on the website!

the magician yes thanks i still haven't got the healthy relationship dynamics handouts

LittleSteps (PSW) **Here are some further resources we recommend having a look at:**
1 – A website about mindfulness for those who are neurodiverse <https://www.mindful.org/3-mindfulness-practices-for-neurodiverse-meditators/>
2- An article about trauma informed mindfulness <https://www.psychologytoday.com/au/blog/choosing-your-meditation-style/202006/trauma-informed-mindfulness>
3 – A TED talk about mindfulness <https://www.youtube.com/watch?v=qzR62JJCMBQ>

the magician

goodnight

LittleSteps
(PSW)

Hey @the magician - if you're wanting to read the transcript of the "Healing into Health Relationships" Peer Group Chat, you can find it here :) The resources are in the transcript. <https://www.sane.org/peer-support/peer-group-chat/previous-chats>

Best24

Reading the tarot also help for mindfulness.

LittleSteps
(PSW)

goodnight @the magician!

Sirius (PSW)

Goodnight @the magician !

the magician

awesome downloaded!

LittleSteps
(PSW)

**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: <https://www.sane.org/peer-support/peer-group-chat>
You can also ask questions for us to discuss in future peer chats!**

LittleSteps
(PSW)

Hey @Best 24 - we will be closing the chatroom soon :) It has been a pleasure to chat with you tonight about mindfulness. If you would like to continue the conversation - you are welcome to do so on one of SANE's forums threads! :D

Best24

thank you.