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Peer Group Chat

Date: 21/07/2022

Title: Holding Hope

Description: Hope can be a big part of recovery. However, there may be moments where hope seems “silly” or not relevant, despite being important. Let’s come together to talk about what hope means to us and why we do it!

LittleSteps (PSW) Welcome @Bow! :)

TideisTurning (PSW) Hi @Bow :)

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 Holding Hope. 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

TideisTurning (PSW) Tonight, Peer Support Workers @TideisTurning and @LittleSteps will be facilitating a discussion around the topic of Hope. Whether you have lived experience of complex mental health issues, you care for

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someone who does, or both, hope is valuable and important for each and every one of us. 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 heavier aspects of hope, like hopelessness. @Otter 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#what-if-i-am-having-a-tough-time-and-need-immediate-support>) or message @Otter We're looking forward to creating a space where we can reflect and learn together and expand our ideas of hope.

Bow

Hi

LittleSteps (PSW)

Welcome! :)

Bow

That's better.... Here now. :)

LittleSteps (PSW)

Good to hear, @Bow

Bow

It doesn't let me type anything when I come in as a guest

LittleSteps (PSW)

Welcome @Captain24! :)

LittleSteps (PSW)

We can see your messages now, @Bow :)

TideisTurning (PSW)

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

LittleSteps (PSW)

I am @LittleSteps!

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LittleSteps (PSW) Welcome @the magician! :)

Bow Hey @captain24

Captain24 Hi @bo

the magician hi people :heart_eyes:

Bow Hey the magician

TideisTurning (PSW) Hi @the magician @Bow @Captain24 Great to have y'all with us! :)

the magician you're new?

TideisTurning (PSW) To start us off with our first question for the evening: what does hope mean for you?

the magician attitude toward life, the only way to get through the down times, a positive outlook to always have

Bow Hmmm never really been able to put words to it. It's just a feeling deep inside that you have an... hmmm expectation that things will be ok?

LittleSteps (PSW) Hope for me has to do with our perception of tomorrow. Nowadays, hope is an active part of my recovery.

TideisTurning (PSW) I love that @Bow! Like a belief it'll all work out :) I like to think of hope as possibility, or the promise of possibility

the magician hope that there was a medical answer to my unwell state of mind for five years was the only thing that got me through, my solar plexus giving me the answer and sanity again

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- LittleSteps (PSW) Sounds like hope is really important for you @the magician
- the magician yes 5 years is a long time to be acutely unwell:innocent:
- LittleSteps (PSW) That sounds like a lot to go through for anyone, @the magician. I hope you will get a lot out of tonights group surrounding hope!
- the magician i hope so !
- Otter (Moderator) XD
- TideisTurning (PSW) Why do we hope even when it might seem silly?**
- the magician because our gut tells us there has to be another solution.
- the magician positive hopeful people are easier to be around
- Bow I guess hope reduces feelings of hopelessness? Sometimes it's all we've got to keep going.
- Captain24 Just in case that there may be a better option.
- LittleSteps (PSW) I agree @Bow
- TideisTurning (PSW) Similarly to what most of you have said, for me, because of that possibility inherent in hope. When everything seems grey, hope is a bit like a glimmer to brighten the gloom.
- LittleSteps (PSW) I agree with what has been said here - Hope keeps me going.

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- the magician hope is light at the top of every hill
- LittleSteps (PSW) What a beautiful way of saying that, @the magician
- TideisTurning (PSW) Why does it sometimes feel silly to hope?**
- the magician because our emotions seem like clutching at straws
- Captain24 Sometimes when it's really dark the only way out is hope but you know it's not there.
- Otter (Moderator) It can feel tempting to expect the worst at times instead of holding hope because we think that will stop us from getting hurt if things do go wrong
- LittleSteps (PSW) I suppose hope is not something we often talk about aloud in society. I think it's important that we talk about hope here 😊.
- the magician sometimes accepting the dark times can bring joy when you turn a corner
- TideisTurning (PSW) I hear you @Captain24! It can most definitely start to feel harder to hold onto, or even see if there haven't been any promising glimmers for a while. In those cases, for me, hope then starts to feel elusive and then a bit silly
- Bow I don't think it's something I ever feel silly about... more just hard because all the evidence around me tells me the opposite
- the magician i hope we can be free of pandemic but i think it will circle the planet a few more times first.

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LittleSteps (PSW) Welcome @tyme!

Bow Hey Tyme

TideisTurning (PSW) Hope is a value of recovery. Why is hope so important to recovery?

the magician positive outlook is so important and effective to altering states of mind

the magician and move on with life

Captain24 I think at times it's the only way out.

Bow It's what keeps me going

TideisTurning (PSW) Absolutely @Bow! Hope can provide a fantastic fuel!

LittleSteps (PSW) I think hope reminds us to keep going, whilst remembering that sometimes recovery can look like different things on different days.

the magician hope is dreaming with a practical component

Bow I'm sorry I need to get my munchkin into bed. Will try and come back

TideisTurning (PSW) Love this @the magician :)

LittleSteps (PSW) Okay @Bow, bye for now!

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- TideisTurning (PSW) Again, I feel like this is where possibility comes in. If something is hard, like recovery can be at times, we need a reason to keep pushing through and working at it. I feel like hope can provide one of those reasons.
- the magician hope exists because we have to believe that things can get better..... until the positive reminders are enough to change
- TideisTurning (PSW) How do we keep holding hope when it seems silly?**
- the magician by being stubborn and disciplined with ourselves
- Otter (Moderator) By connecting with others who can share hope with you
- the magician burning up all that cloud into a movable ball
- Captain24 I dont know. This is what I need to learn
- the magician sharing pain and empathy are huge
- LittleSteps (PSW) I think for me, hope can be related to community. I think that hope, for me, can come from spending time with others, even digitally, and gathering different perspectives. This group, I believe, is an example of that idea!
- TideisTurning (PSW) It's hard @Captain24. It's ok to be in the process of learning though :)
- the magician putting positive dreams ideas into steps for the future
- the magician finding your people or passion or lifestyle that make you want to be a better person

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- TideisTurning (PSW) I feel like this might start with thinking of and listing all the reasons hope isn't silly. It can serve as a good reminder why to keep looking for those little glimmers and also to hold on to them when we find them. So I'm curious to hear from all of you; why do you hope?
- the magician because hope makes things possible
- Captain24 At the moment it's all I have. All I can do is hope for it to get sorted out
- the magician what's the point in being defeatist?
- TideisTurning (PSW) I'm glad you have hope to hold onto @Captain24 :)
- TideisTurning (PSW) How might we be able to reframe the idea of hope being silly?**
- Captain24 Maybe changing your mindset
- the magician all the reasons we continue to live, its a better state of mind to be in. an open mind is proven to have more successful results.
- LittleSteps (PSW) Welcome back @Bow! :)
- LittleSteps (PSW) Hello @Appleblossom! :)
- TideisTurning (PSW) I like that @Captain24. Maybe. Maybe it won't be as bad as I think it is. Maybe, not all is lost :)
- the magician reframe the way you think it?

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- TideisTurning (PSW) Welcome @Appleblossom & welcome back @Bow :) We're just talking about how we could reframe the idea of hope being 'silly' :)
- LittleSteps (PSW) I think I try to honour hope and remind myself of the benefits of hope. I also think, with regard to this question, it would be beneficial to talk about hope more :)
- the magician it raises spirits
- TideisTurning (PSW) As @LittleSteps has touched on, what might be the benefits of hoping?**
- Bow Some days it's the only reason I keep going.... So it has the benefits of being alive still
- Captain24 Sometimes it can be the only reason to get up and keep going
- TideisTurning (PSW) That is an excellent benefit @Bow being alive! :)
- LittleSteps (PSW) Sounds like hope is very important for all of us
- Appleblossom For a long time the only thing I hung onto was a vague abstract kind of hope. It seemed silly at times, but it does open things up more than a negative mindset. Love @the magician idea of vision with practical elements. Still working on being realistic while holding hope. Also the idea of landing on the moon when shooting for the stars may not be a bad thing. At least trying and reaching ... for good outcomes.
- Otter (Moderator) Sometimes giving someone else hope is the one thing they need to keep going
- Bow I like that Otter.... There have been many times over the years where others have held hope for me when I haven't had any for myself

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- the magician as a m.h. 1st aider its really important to listen when people have lost hope
- TideisTurning (PSW) It's super important & uber powerful @Bow. I'm so pleased for you that you've had people in your life who can help you hold that hope :)
- LittleSteps (PSW) I think one of the benefits of hope is that it provides some light to my life :)
- the magician sometimes major changes are slow... hope bridges the gaps
- TideisTurning (PSW) To my mind, based on my answers to some of the other questions, a big benefit of hoping is that it can provide or act as a kind of fuel to help you keep going, just like @Bow said earlier, especially through struggle or when things feel harder. There's the possibility of maybe as @Captain24 touched on :)
- 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?**
- the magician that hope is a constant real element in all of us
- LittleSteps (PSW) I've learnt that sometimes hope can exist by itself, and sometimes hope can come from community, like tonight :)
- Captain24 To try to hold onto hope at all times.
- Otter (Moderator) Hope can give us practical ways of dreaming, makes all things possible, is something we can find in and share with others and at times be our one true guiding light
- the magician to feel the joy after a long time of hoping something to get better and keep trying

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the magician agreed Otter!

TideisTurning (PSW) I've had a number of takeaways; 'hope is dreaming with a practical component' @the magician, the idea of shooting for the moon and trying and reaching for good outcomes @Appleblossom, and giving/ providing & receiving hope and the light that hope can bring! @Bow @Otter @LittleSteps Also, the idea of 'maybe' @Captain24- another great reminder of hope's possibility I feel :)

the magician then may the hope be contagious hahah

LittleSteps (PSW) Haha @the magician! :)

TideisTurning (PSW) I feel like there might have been a small (positive) infection here @the magician :)

TideisTurning (PSW) Tonight's topic may have brought up some heavy feelings as we talked about hoping, even when it might feel harder. Would some self-care be helpful for you after we finish? If so, what might you do? 🙄

the magician skinny cow ice cream in bed

Bow I've just crawled into bed. It's cold

LittleSteps (PSW) I think I will chat on the phone to a friend tonight :)

TideisTurning (PSW) Staying warm is excellent self care @Bow! I've been watching a show about rescue dogs finding new homes. I think I'll rug up & watch some of that :)

TideisTurning (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

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the magician goodnight people!

LittleSteps (PSW) goodnight @the magician! :)

Bow Thanks tideisturning and littlesteps

LittleSteps (PSW) Thank you @Bow! :)

Appleblossom Good night all. Glad I have worked out how to get into the chats after a few hiccups in earlier months.

Otter (Moderator) Goodnight everyone! Thanks for the hope :smile:

Bow Night folks

LittleSteps (PSW) Glad to have you here @AppleBlossom!

TideisTurning (PSW) Thank YOU @Bow & everyone who's shared the space & your perspectives with us this evening!

TideisTurning (PSW) Here are some further resources we recommend having a look at:
1 – on rainbows and other cultural symbols as a universal symbol of hope–
<https://www.bbc.com/culture/article/20200409-rainbows-as-signs-of-thank-you-hope-and-solidarity>
2 – on the process & purpose of hope – <https://www.youtube.com/watch?v=qtOfRSx5Kl4>
3 – on developing hope in the context of recovery – <https://www.fortbehavioral.com/addiction-recovery-blog/how-hope-helps-recovery/>

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TideisTurning (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!