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Peer Group Chat

Date: 12.10.23

Title: Celebrating our Wins

Description: It can make a big difference to our wellbeing when we celebrate and take pride in our wins, from the big to the small and everything between! Let's come together to shine a spotlight on our successes!

Jupiter (PSW)	Hi everyone, welcome! 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 Celebrating Our Wins.
Jupiter (PSW)	Tonight, Peer Support Workers @Jupiter and @amber22 will be facilitating a discussion around the topic of Celebrating Our Wins. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, celebrating our wins is a really important part of mental health recovery. 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 barriers to celebrating our wins, including tendencies to focus on failures and feeling unworthy of celebrating. @tyme 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 @tyme We're looking forward to creating a space where we can reflect and learn more together about Celebrating Our Wins

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Amber22 (PSW)	Welcome! @Captain24
Captain24	Hi @Amber22 (PSW)
Jupiter (PSW)	Hey everyone :)
Amber22 (PSW)	Hey! icefrog & BipolarPenguin :)
tyme (PSW/ Moderator)	Hi BipolarPenguin!
tyme (PSW/ Moderator)	Hi icefrog!
icefrog	hi team
Jupiter (PSW)	Within this group tonight we'll be talking about: - What small wins and their associated celebrations might look like - Challenging focus on failures, feeling unworthy of celebrating and other barriers - the benefits of celebrating our wins, no matter how small and ways we could do this more
icefrog	awesome
Jupiter (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,ÄÏüöä In the meantime, feel free to introduce yourselves & share a self care plan for after we wrap up the discussion this evening. I'm @Jupiter. I am looking forward to making some popcorn after this session!
Amber22 (PSW)	My self care plan for tonight is having a big cup of tea and reading some of my book :)
icefrog	hello everyone I love frogs and my self care plan is to go for a jog tonihght
Amber22 (PSW)	Welcome! @Glisten
BipolarPenguin	I'm here to listen mainly as I haven't been to one of these sessions before. My self-care plan is to drink a cup of tea as well @Amber22 :)
icefrog	i love peppermint tea
Amber22 (PSW)	Of course! Feel free to contribute as much or as little as you would like! @BipolarPenguin

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Amber22 (PSW)	Welcome! @Snowie
Jupiter (PSW)	Okay, without further ado, let's get started!
Jupiter (PSW)	Q1: Small wins are our little accomplishments that deserve celebration. What might a small win look like for you?
icefrog	a small win for me might be going out somewhere where there some people because I have alot of social anxiety and am really scared
Captain24	Sometimes it's just getting out of bed and staying out.
Amber22 (PSW)	Sometimes a small win for me could just be getting out of bed. When I am struggling mentally, I find it difficult to do everyday things, so a small win during those times could be having a shower, making myself a nice meal, or even going for a walk.
Snowie	@Amber22 (PSW) I agree. Just getting out of bed and getting dressed is a win for me. Having a shower is a win for me too.
BipolarPenguin	Doing daily chores like the dishwasher; having a shower with or without being prompted; taking the rubbish out.
Snowie	@icefrog I have social anxiety too so getting out of the house is certainly a win
icefrog	oh I take mine back! mine is a big win.... A small win for me would be to take a shower
Jupiter (PSW)	For me I think a small win would be getting out of the house when I'm not feeling so good.
BipolarPenguin	Yeah, getting out of the house usually makes me feel good.
Amber22 (PSW)	Love these wins :) Sometimes a small win can feel like a big win depending on the day!
icefrog	Snowie yes, its always a win to step into the deep unknown
tyme (PSW/ Moderator)	When days are hard, a win can even just be the fact that I've woken up!
icefrog	yes just being alive
icefrog	having another shot at life

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	Q2: Is celebrating your wins or small wins something you tend to do much? How could you do this more?
Jupiter (PSW)	
Jupiter (PSW)	This is certainly something I could focus more on!
Captain24	No.. I definitely don't.
Amber22 (PSW)	I don't do it as often as I should, especially when I am having a bit of a tough time mentally. I think that celebrating my small wins more often could help me recognise that I am actually doing more than I give myself credit for.
icefrog	I celebrate by doing nothing because the act itself is a win in my books. I could celebrate more but for a small win it is not worth it for me
tyme (PSW/ Moderator)	I guess sometimes, until we do it a little more, we may need others to remind us to celebrate our wins - no matter how big or small? Do you think so @Captain?
Amber22 (PSW)	Maybe sometimes acknowledgement that we've done the win is enough @icefrog
Snowie	I don't tend to celebrate the small wins. I guess I think that the wins are what people normally do on a regular basis. I think I could be prouder of myself for doing these things.
tyme (PSW/ Moderator)	I certainly needed reminding in the past :)
Jupiter (PSW)	I wonder if maybe I could write down once small win each day and then at the end of the week reflect on my wins for the week.
BipolarPenguin	I celebrate my small wins/achievements for my mobile game but not my life ones, like we were mentioning earlier. Also, I think I'm feeling flat because of my meds and it means I don't feel my achievements as much. I have To Do lists though and ticking those off and collecting them is kinda like collecting wins together that I can look back on, whether that be Shower or Vacuum or Research That Thing!

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icefrog	If you take a photo of your small win you can look back at it and be happy, i prefer if i had to just to write it in my journal
Captain24	I guess so @tyme (PSW/ Moderator) . I need to let go and accept that what others point out as a win is a win.
Amber22 (PSW)	Oh I love a to do list!! @bipolarpenguin
Amber22 (PSW)	Welcome! @Dez
Dez	Hi All!
icefrog	hello @Dez
Jupiter (PSW)	It feels so good to tick things off a list hey @BipolarPenguin ?
icefrog	how do you tag people in chat?
Amber22 (PSW)	With the @ symbol in front of their name :) , sometimes it works and sometimes it doesn't! @icefrog
Captain24	I like a to-do list to @BipolarPenguin @Amber22 (PSW) . Especially when you can tick things off
tyme (PSW/ Moderator)	Me too @Captain! Lists are great for me because I can feel a sense of achievement when I finally tick something off!
tyme (PSW/ Moderator)	Hi @Dez!
icefrog	what is PSW
Amber22 (PSW)	My psychologist told me to write a to-do list of three things if I can most days, even if they are very small things, which I think is very helpful in making sure I acknowledge when I do achieve things :)
Amber22 (PSW)	Peer support worker (a member of staff at SANE) @icefrog
Dez	I like lists, and they help, but sometimes I get down looking at all the things left undone
Dez	Maybe just write a list of wins for the week?
Captain24	I get that too @Dez
icefrog	journaling

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Amber22 (PSW)	Love that idea! @Dez Maybe keeping to-do lists short and only trying to do a few things a day might be more helpful than harmful? @captain24
BipolarPenguin	When I do write To Do lists, I try to do at least two to three things on it. (I also write it though in a way where I have to do those two or three things anyway so they will get ticked off anyway! heehee!)
Jupiter (PSW)	I think its good to try to be realistic with what we put on the list and not over-commit, especially if we aren't feeling very good!
icefrog	I use my phone for my todo list... Have it give me a notification when I need to do it
Jupiter (PSW)	Some great ideas coming through!
icefrog	I have scheduled todo preplanned!!
Dez	I found a to-do list from 26 years and 4 houses ago the other day...nothing had changed.
Snowie	@BipolarPenguin my list is normally things I have to do everyday so at least I always tick something of my list.
Captain24	I do that to @BipolarPenguin . Like put washing in machine. Hang it out! That's 2 ticked off. I also focus on all the things I didn't get done though
Jupiter (PSW)	Q3: What do you imagine the benefits of celebrating your wins could be?
Dez	It can 'shock' you out of a negative spiral, reminding you that at least one things worked out
Amber22 (PSW)	Welcome! @anon
icefrog	like a dog salivating when he is trained hearing a bell at dinner time... when we celebrate our wins we get dopamine have time to reflect and have gratitude for our accomplishments
Captain24	To allow yourself to feel a sense of achievement. Which is probably why I struggle to celebrate them

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Amber22 (PSW)	It would make me feel a lot better about the things that I have achieved, rather than focussing on the things that I have not achieved. It would also help me to recognise t hat I have done more than I thought, and that I should give myself more credit for being able to do the small things, especially when they feel extremely hard to do!
Snowie	I think a benefit is that it makes you feel like you have achieved something. For that day, at least I have accomplished something. It is better then nothing
Jupiter (PSW)	Stringing small wins together could build my momentum to bigger wins
icefrog	i guess if we don't celebrate our wins - from that point of view... we don't get time to reflect and will struggle to try and do another small win
Amber22 (PSW)	That's a good point, and also doesn't give us time to be grateful for what we really have done @icefrog
BipolarPenguin	that's an interesting point @icefrog celebrating our wins properly means that we don't need to worry so much about how our next win comes. (not sure if that made sense. I think @Amber22 (PSW) put it better :))
Jupiter (PSW)	Made sense to me @BipolarPenguin !
Amber22 (PSW)	Makes perfect sense!! @BipolarPenguin
icefrog	how many questions willa session hav
Jupiter (PSW)	Q4: Sometimes it can be easier to focus on failures. How could we shift the focus to celebrate even our smallest of wins?
Amber22 (PSW)	7 for the discussion tonight, and some extra resources at the end :) @icefrog
Amber22 (PSW)	Welcome! @Smiling_Gecko :)
BipolarPenguin	Hello @Smiling_Gecko ! :)
Smiling_Gecko	Hello everyone!

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Captain24	It is so much easier. I did a lot today and I'll I'm focusing on is that I didn't vacuum or wash the floors. That to me means I failed. I don't know how to turn it around.
Amber22 (PSW)	I often find that writing down in a list what I have achieved that day (no matter how big or how small) really helps me realise how much I've actually done. Even if that list just consists of 'getting out of bed' and 'brushing my teeth', I am able to recognise that I've done that today which makes me feel better about myself.
icefrog	practice gratitude from the wins, look at past photos, pause and question the thoughts and then redirect them to the wins... but why would you not want to focus on the failures? to me focusing on the failures (if not excessive) will help me improve
Snowie	I think writing down my wins could shift my focus so at least I have them in front of me. It is so easy to concentrate on the negatives. For some reason they stick to my mind so much easier.
Amber22 (PSW)	I get that too sometimes, it's a lot easier to naturally focus on what you haven't done rather than what you have done. Maybe writing down what you have done might surprise you with how much more you've achieved than what you might think @captain24
Jupiter (PSW)	For me I think it is about becoming aware of when I am focusing on my failures. Once I notice this I can then try to consciously shift my attention to a small positive or win.
icefrog	why do we not want to focus on our failures?
Captain24	I did achieve a lot @Amber22 (PSW) but I can't shift my focus from what didn't get done.
Jupiter (PSW)	Sometimes if we dwell too much on our failures it can bring us down and sap us of motivation to continue. Does that resonate for you @icefrog ?
Amber22 (PSW)	That's okay, maybe the first step could be recognising what you have done (which you already did) and slowly overtime it might shift if you keep doing this? @captain24
Captain24	I guess @icefrog that all I focus on is failures and I need to learn to give myself some credit

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icefrog	sometimes but the failures remind me on what i need to imprvoe
BipolarPenguin	focusing on the current day and what I have done that day helps me to shift my focus. I tend to ruminate on the past or daydream about the future.
Jupiter (PSW)	That's a good point @icefrog , maybe it's more about considering your failures and where to improve, but not dwelling too much?
BipolarPenguin	Dwelling is where things tend to get worse, so yes, it's about having a healthy balance.
icefrog	thats so true
Jupiter (PSW)	Q5: Some people sometimes experience feelings of not being worthy of celebrating their wins. What would you say to these people, to help them overcome these feelings?
icefrog	snap out of it and treat urself like you were a close friend
Amber22 (PSW)	Welcome! @Catz28
Catz28	Sorry I'm late, time got away from me
Captain24	I am that person.
tyme (PSW/ Moderator)	Hey @Catz28!
Amber22 (PSW)	Every win, no matter how big or small, is worthy of celebrating. Even just a bit of recognition such as 'wow I actually managed to get out of bed and shower today' is a really good start to celebrating your small wins.
Jupiter (PSW)	Treating yourself like a close friend is a great way of getting some perspective and being more compassionate toward oneself
icefrog	hi @Catz28
icefrog	better late then never i always say
Snowie	I find it so much easier to see the 'wins' in others but I struggle to see them within myself. Instead of telling others that they should be proud of themselves I need to say it to myself. But that in itself is hard.

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icefrog	i would tell them you have one life so live it and celebrate because u don't have another one
Catz28	That they are important, that is good to celebrate wins
Smiling_Gecko	Being mindful of your inner dialogue, what you are telling yourself ie being harsh when you can be less self judging instead
Amber22 (PSW)	It is very challenging - sometimes it's helpful to pretend like your celebrating your wins for someone else, we're always so much kinder to others than we are to ourselves! @Snowie
tyme (PSW/ Moderator)	I agree @Smiling_gecko. Sometimes, we are our own worst critic!
Smiling_Gecko	Yes very true @tyme
Snowie	I think it has a lot to do with our self worth, or lack of it. We see others in a different light to what we see ourselves.
icefrog	i would tell them also life is short so celebrate
Amber22 (PSW)	Welcome! @7cough9
Catz28	I try to look on anything I do as a win. Some days that's as simple as getting out of bed and getting dressed
icefrog	@Snowie I have an negative inner dialogue that I need to turn off
Captain24	I agree @Snowie self worth has a lot to do with it. When you don't have any you can't see the wins for the failures
Snowie	@icefrog my psych always tells me I am my own harshest critic. That I am too hard on myself.
Smiling_Gecko	Self worth can be a stumbling block but can be easily overcome if you focus on what you need to do to change that. Like affirmations, subliminals or hypnosis to change the subconscious patterns
7cough9	Did I come in an hour late? I guess daylight saving started in Oct and this northerner didn't notice

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icefrog	rip cough
Amber22 (PSW)	That's okay! You're here now :) @7cough9
Jupiter (PSW)	Q6: What might be some barriers to celebrating wins for you? How could you overcome these barriers to celebrate your wins more?
icefrog	time, energy, location, people around me could stop me from celebrating and myself because of my negative mind..
Dez	Just remembering there ARE wins is hard for me.
Snowie	My biggest barrier is my own mind. How harsh I am on myself. I need to treat myself like I treat others. With kindness and compassion.
Captain24	My negative headspace and unworthiness is my biggest barrier.
icefrog	to overcome this barrier maybe take some antidepressants etc
Dez	When psych id's a win, it either feels fake or overly enthusiastic.
Amber22 (PSW)	Some barriers to celebrating wins is that sometimes you don't feel worthy to celebrate them as you could compare yourself to what others are doing. A way to overcome this is to realise that everyones days look different, and you never know if they are having a particularly motivated day or not, so being able to focus on what you've done by putting it in a list is the best way for me to overcome that feeling.
Captain24	I'm on a cocktail of meds @icefrog It doesn't help with my barriers
Catz28	I'm hard on myself and have negative self talk which I'm trying to change. Things that help me is hearing other people recognising things I've done. Struggle to believe them some times but hearing helps at times
icefrog	oh ok @Captain24 :(

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BipolarPenguin	For me it's my meds, I think I need to change them. But in general, I think what @Amber22 (PSW)said was spot on about not comparing yourself to others. Every day is different. I also struggle to remember that there are wins to celebrate sometimes like @Dezsaid.
icefrog	@BipolarPenguin meds are key for me to keeping me stable!
BipolarPenguin	Same here @icefrog that's why I'm scared to change them at all. ./
Jupiter (PSW)	Q7: How do you all celebrate your wins (big or small)? Or how could you start to do this?
Catz28	@amber22 summarised things wonderful. My greatest undoing is comparing myself to others and negative self talk
Amber22 (PSW)	I find it easier to celebrate my wins when I reward myself for doing something that might feel hard for me to do that day. For example; if I get this bit of my assignment done, I can watch some of my show, or if I go for a walk I can come home and relax for the rest of the day.
icefrog	a nice snack? like iceblock or dessert
Captain24	I don't seem to be able too. I guess I need to try and change it. Just not sure how too.
Jupiter (PSW)	I think taking some time each day to reflect on my wins and actually take the time to acknowledge them. For example, when I'm on the train on the way home from work that could be when I have some reflection time.
icefrog	i think telling someone as well... but i dont have many friends...
Snowie	I think it's important to celebrate them, even if we find it hard to do so. For example after every psych visit I always treat myself to a coffee as a way of saying well done for getting through another session.
Jupiter (PSW)	Love that Snowie!
BipolarPenguin	When I achieve something in my mobile game, I usually do a little fist pump and smile like "Yeah!". I agree with @Amber22 (PSW) on the rewarding yourself after doing something. Maybe that's something I could instate.

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Jupiter (PSW)	You can tell us on the forums @icefrog :)
Amber22 (PSW)	Aw that's so nice! @Snowie , I always need a big nap after mine!
Catz28	Tonight I have feeling of accomplishment for things I've done today, relaxing now for rest of the evening with my cats
icefrog	CATS i love cats!!
Snowie	@Captain24 I can relate to that so much
Amber22 (PSW)	Love that :) You should be proud of yourself @Catz28
Snowie	@Amber22 (PSW) I have a 50minute drive home from my psych so need the coffee!! Then I need a nap
icefrog	if you are going to spend time with your cats i will spend time with my lovely dogs
icefrog	i think spending time with animals is therapy for me
Jupiter (PSW)	I agree, I'll be spending time with my cat tonight.
Snowie	same for me @icefrog My dog is a great therapy tool and companion
Captain24	This chat has been quite difficult for me. I'm sorry but I can't do it anymore
Jupiter (PSW)	Take good care of yourself @Captain24
icefrog	i hope you are ok Captain... see you next week!
Snowie	take care @Captain24
Amber22 (PSW)	I hope you're okay @Captain24 , take care!
icefrog	:(
Catz28	As suggested by my psych, current plans are unpack for part of one day with other part relaxing with my cats, going for a walk or anything else I enjoy.
BipolarPenguin	I don't know if I've missed the boat here but there are lots of people who walk dogs around near my house so it is nice to walk around what I call "dog dog time" :) you get to see so many!!

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	<p>Here are some further resources we recommend having a look at:</p> <p>1 'I celebrated my 'small wins' for a week, and it changed my whole perspective' https://www.bodyandsoul.com.au/mind-body/wellbeing/i-celebrated-my-small-wins-for-a-week-and-it-changed-my-whole-perspective/news-story/49df818c3b3be61c8b1ee46545a7ac2a</p> <p>2 To Achieve Success, Start Detecting Your Small Wins: https://www.youtube.com/watch?v=qxGapZbbI38</p> <p>3 Why celebrating successes is important to our mental health: https://innovativeresources.org/why-celebrating-successes-is-important-to-our-mental-health/</p>
Jupiter (PSW)	
icefrog	awesome ! thanks jupiter
Snowie	thanks @Jupiter :)
Dez	Thanks Jupiter!
Jupiter (PSW)	Q: 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?
Dez	Yep - that I need to try lists again
Jupiter (PSW)	I think i'll try to be kinder to myself! And take the time to reflect on my wins on more of a regular basis.
BipolarPenguin	Even what I would call the smallest of victories are victories nonetheless.
Snowie	that I need to concentrate on my wins more and to start writing a list of things I can achieve so I have at least one win a day
icefrog	yes, to appreciate i am alive and to remember i only have 1 life
Amber22 (PSW)	I learnt that small wins need to be celebrated as often as we can, even as small as waking up that day :)
icefrog	☺
Catz28	That I need to focus on things I do, celebrating those as wins and try to not compare myself to others

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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-Celebrating-Our-Wins-Thursday-5th-October-2023-7/m-p/1346777#M349239>

Keep an eye out for the next Peer Group Chat discussion about 'Embracing Our Imperfections' If you wanted to add your daily achievement (or anything that we have talked about in tonight's PGC) and continue this discussion on our forums thread, head over to <https://saneforums.org/t5/Looking-after-ourselves/Daily-Achievements/m-p/1034243>

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!

If you would like to provide feedback on tonight's chat, please complete this survey: <https://forms.office.com/r/XDTbQ6imNf>

Jupiter (PSW)	
icefrog	awesome whats next week?
Amber22 (PSW)	Embracing our Imperfections :) @icefrog
Dez	Thanks Jupiter, and thanks to all for all the tips
Snowie	Thanks @Jupiter and everyone else for the chat tonight. I'm going to go do a 'win' and have a shower!
Amber22 (PSW)	Thank you for joining tonight everyone, and for contributing or reading along :) Have a lovely night!
Jupiter (PSW)	Thanks so much everyone for coming along and contributing so much to this rich discussion. I hope everyone has a good week and a nice rest tonight. See you next week :)
tyme (PSW/ Moderator)	Thanks everyone!
icefrog	thank you all bye!

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BipolarPenguin	Thanks @Jupiter @Amber22 (PSW) and @tyme (PSW/ Moderator) <3 had a great time. Going to have that cup of tea now. Bye!
Jupiter (PSW)	Enjoy the cat and dog times for those with furry friends!
Catz28	Thanks for tonight everyone. My win for tonight will be early bed so can make next win which is being on time for appointment tomorrow morning with new gp
Jupiter (PSW)	Sleep well!
Amber22 (PSW)	Good night :)