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## Peer Group Chat

Date: 11/11/2022

**Title:** Nurturing a Growth Mindset

**Description:** It can be helpful for us to nurture a 'growth mindset' (where we see our abilities as being capable of growth) as opposed to having a 'fixed mindset' (where we see our abilities as fixed). A growth mindset can be applied to abilities in life generally, and to how we see ourselves as capable of coping and recovery. Join this conversation to reflect on how we can nurture our mindset so that we can become more capable of growth.

Girasole (Peer Worker)	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 nurturing growth mindsets.
Girasole (Peer Worker)	Tonight, Peer Support Workers @Amber22 and myself will be facilitating a discussion around the topic of growth mindsets. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, anyone can benefit from learning and personal growth. 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. @Basil, a counsellor, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ ( <a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a> ) or message @Basil. We're looking forward to creating a space where we can reflect and learn more together about growth mindsets!
Girasole (Peer Worker)	Within this group tonight we'll be talking about: - What a growth mindset is, and how this can look different for everyone - How to support yourself

	<b>within developing a growth mindset –Strategies to nurture growth vs fixed mindsets</b>
Amber22 (PSW)	Welcome! @the magician
the magician	hi people good to be back over in COVID last week and a cold
Amber22 (PSW)	I hope you're feeling better! :)
the magician	yes but i had to wait an hour an a half for a taxi to take me to learn to surf group so i couldn't make it on time and they had to leave- how annoying
<b>Girasole (Peer Worker)</b>	<b>We'll start the discussion shortly by the way, and will just allow a bit more time for people to log on and join</b> 😊
the magician	i must admit i am unfamiliar with this topic but eager to learn what its about.
<b>Girasole (Peer Worker)</b>	<b>Q1: To start us off: Have you heard of the concept of a growth mindset before? What could a growth mindset look like for you?</b>
Amber22 (PSW)	I have heard of the concept of a growth mindset before. For me, it is something that I am really willing to work on, and something that I want to focus more on. A growth mindset is a really healthy mindset to me, and it a mindset that is always willing to try and grow in all circumstances.
the magician	have not heard of it. is it related to the ability to keep improving? overcoming obstacles and achieving mindfully?
Amber22 (PSW)	Yep thats it! just trying to keep a mentality where you are able to grow from a circumstance you are in, and develop techniques that are going to help you be able to do so
Amber22 (PSW)	Welcome @Captain24 :)
Captain24	Hi
<b>Girasole (Peer Worker)</b>	<b>Yes, I understand it as seeing ourselves as being capable of learning, growth and improvement. As opposed to believing we're inherently not good at something, or unlikely to change - if we practice and work with feedback, we can improve! :) This could be about any kind of skill or ability</b>
the magician	for me its techniques and being determined to stop my voices. changing my triggering thoughts and avoiding susceptible situations.
the magician	there's a theory that life is divided up into 7 lots of 7 years and at 50 you end up where you're supposed to be –a whole individual. for me that means remission and advocacy and life long learning at uni. and in the next section of my life a lot of stepping stones and increasing increments.

Amber22 (PSW)	Oh wow that is so interesting! @the magician I had never heard of that before
<b>Girasole (Peer Worker)</b>	<b>What I like about growth mindsets is that they're truly applicable to so many things. I could use it when thinking about my abilities in a hobby or a sport, or for things related to recovery, e.g. asking for help when struggling</b>
Amber22 (PSW)	Welcome ! @The Hams
The Hams	hey
<b>Girasole (Peer Worker)</b>	<b>Q2: A fixed mindset is often thought of as the opposite of a growth mindset. What do you imagine a fixed mindset could look like for you?</b>
The Hams	a fixed mindset to me looks like a mindset that says "don't bother taking care of yourself, don't bother doing things that will make you feel better or even don't bother doing things you know you will enjoy"
Amber22 (PSW)	A fixed mindset to me is the thought process that wants to rather stay stable and consistent with what it knows, as opposed to learning new possibilities and outcomes.
Captain24	A fixed mindset to me is not having the ability to change or learn
the magician	what i like about the growth mindset is its connection to the creative consciousness and expanding abilities
Amber22 (PSW)	Hey! @Shaz51 :)
Shaz51	Hey @Amber22 (PSW) , @Girasole (Peer Worker)
The Hams	maybe a fixed mindset can be good – say for example if we have relatives and friends who want the best for us – the fixed mindset there is to reassure ourselves about it. A fixed mindset here is good
the magician	a fixed mindset to me is having a negative restricting tunnel view on life especially the future
the magician	reinforcement@The Hams is so important
<b>Girasole (Peer Worker)</b>	<b>Q3: There may be times when a fixed mindset might be more useful than a growth mindset. If so, what do you imagine such a situation could be?</b>
Amber22 (PSW)	Sometimes in situations where you have to think more practically, a fixed mindset might be a bit more beneficial. Especially in situations where you have to view things from an outsiders perspective.
<b>Girasole (Peer Worker)</b>	<b>@The Hams you answered just before, yourself! :)</b>
Shaz51	That is interesting @Girasole (Peer Worker)
<b>Girasole (Peer Worker)</b>	<b>answered this*</b>
the magician	knowing you can always depend on a person/thing for a purpose or positive value is refreshing

Amber22 (PSW)	Welcome Annel! :)
the magician	we have quite a collection of people tonight!:1f60b:
<b>Girasole (Peer Worker)</b>	<b>We do! It's very nice :1f60a:</b>
Shaz51	Very true @the magician
<b>Girasole (Peer Worker)</b>	<b>Q4: What are some challenges you might face when nurturing a growth mindset? What are some strategies that could help in this process?</b>
the magician	believing you are capable of something vs overextending self.
Amber22 (PSW)	I think that just remembering to be more open with your mindset may be a big challenge, especially if you are used to thinking more fixed or practically. Reminding yourself how having a growth mindset might benefit you and how it makes you feel can be a good strategy to keep it going, instead of falling back into your usual way of thinking
<b>Girasole (Peer Worker)</b>	<b>So true @the magician - so it would probably be helpful for us to have realistic understandings of our own capacity, and not set the bar too high straight away when aiming for change?</b>
Shaz51	Keep on keeping on @Amber22 (PSW)
the magician	exactly!@Girasole (Peer Worker)
Shaz51	Very true @Girasole (Peer Worker) , and it is easy to set the bar higher
the magician	persevere and be determined if its something you really want. think outside the box.
The Hams	challenges when nurturing a growth mindset are that we can run the risk of thinking that nothing works if our attempts at puttin a growth mindset are challenged. In other words, if i want ti start thinking better and being better to myself
The Hams	agreed magician
Amber22 (PSW)	Hey Bryson :)
<b>Girasole (Peer Worker)</b>	<b>Also, I think like with so many things, feeling as though its a challenge to work on just by ourselves feels a bit overwhelming. Asking for the support of people around us (e.g. friends, family, partners, therapists, etc), to encourage and support us along the way, I think would be helpful too</b>
Amber22 (PSW)	Couldn't agree more! @Girasole (Peer Worker)
the magician	the bigger picture can appear daunting. its important to remember to enjoy the journey.
Shaz51	And also one step at a time @the magician
<b>Girasole (Peer Worker)</b>	<b>So true! I think so much of growth mindsets is about focusing on the process and the journey - and not just the final result</b>
The Hams	journey > destination

Amber22 (PSW)	Yes!
Shaz51	Very true @Girasole (Peer Worker) it is ongoing
Bryson - he/him	Hi folks, sorry I didn't know how to login
Amber22 (PSW)	Hey! Glad you're here :)
Bryson - he/him	Thanks
the magician	agreed@Shaz51
<b>Girasole (Peer Worker)</b>	<b>Also thanks for sharing your pronouns, @Bryson - he/him! Mine won't fit in my username but they're they/them :)</b>
Amber22 (PSW)	Mine are she/her :) Thanks for sharing!
Bryson - he/him	No worries. Good to know! 😊
the magician	hey I'm she /her too!
Shaz51	She/ her for me too
<b>Girasole (Peer Worker)</b>	<b>Q5: Have you ever considered using words to accentuate your growth mindset? For example, the power of the word "yet"? e.g. "I don't know how to play the guitar yet." How do you imagine you could use more of this kind of language, in developing your growth mindset?</b>
Bryson - he/him	I try to. I'm better at applying it to other people though
Shaz51	@Girasole (Peer Worker) I have not found a right balance yet with everything
Amber22 (PSW)	I think using the power of words is really important when trying to learn to develop a growth mindset and get into that mentality. I did this when I was studying, and I would get stuck on a concept that would be hard to wrap my head around. I would then think 'I just don't understand it yet', instead of 'I just don't understand it at all.'
Amber22 (PSW)	Definitely agree that it is easier to use it with others than myself sometimes
Bryson - he/him	I find it easy to apply to certain things and not others
the magician	being grateful for 1 a thing 2 something around you 3. a person. etc.
the magician	pause time. pause to notice surroundings. pause to breathe it all in.
Bryson - he/him	For example, I'm a trans man, and I find it really easy to see that I'm always learning more about how I want to be a man, and growing into myself in that respect. I always apply a growth mindset to that, as well as my identity as a bisexual guy. And a disabled guy. But I struggle to apply it to my mental health, or getting a job, or studying
the magician	who you are depends on where you go and what you do when you get there.

Girasole (Peer Worker)	I agree it's not necessarily easy to do this, particularly with things we might struggle more with. Maybe just to start with we can consciously focus on the things we find it easier to do, and gradually, bit by bit, start applying it to things that feel a bit less easy Perhaps by the time we start doing that, we know that it's something we can actually do, and have a bit more confidence in ourselves?
Girasole (Peer Worker)	I just realised I applied a growth mindset framework to developing a growth mindset :1f602:
Amber22 (PSW)	Haha so good!
Bryson - he/him	Haha!
The Hams	I don't know how to do this new job fully YET I don't know if it is for me YET
Amber22 (PSW)	Great perspective!! :)
the magician	its like drawing or art you develop your own style. in study / work you find your thing. and hopefully the bit that makes the difference you find your people.
Girasole (Peer Worker)	<b>Q6: It's important to support yourself within the development of a growth mindset- this could mean trying to be mindfully kind or compassionate to yourself. What underlying support do you think might be helpful during this process?</b>
Bryson - he/him	Definitely psych, for me. And also friends and support workers
Amber22 (PSW)	I think realising that developing or growing a different kind of mindset can be really difficult at first. Just being aware that it might not be perfect to begin with, and sometimes you can slip back into your original fixed mindset. Giving myself some slack would be really helpful.
the magician	thought stopping for me in whatever form that takes.
the magician	a mindset that's evolved from consistent symptoms to a place where i can apply management techniques
The Hams	psych, free counselling service (where i can externalise things more, journalling and writing, talking to my partner and my family anf friends)
The Hams	yes - giving myself some slack is also key
The Hams	is thought stopping what i think it is?
Girasole (Peer Worker)	<b>I think for myself, and likely many others, there is often room for more self-compassion 💚</b>
Bryson - he/him	I recently discovered a queer peer mental health worker service that's done wonders. And also a peer group for disabled queer people.
Bryson - he/him	And a new psych

the magician	there's more room inside my solar plexus for the answers. that's kind of a growing mindset.
The Hams	sometimes a new psych makes a huge difference aye?
Bryson - he/him	Yeah, absolutely
Bryson - he/him	I'm seeing a male psych, which is a revelation
the magician	i think convincing my psych i need a better med is what's needed. unfortunately they never work as well as wed like!
Bryson - he/him	Yeah, the medication journey is a tough one!
<b>Girasole (Peer Worker)</b>	<b>Q7: Imagine an ability or situation you'd like to experience growth in, but you come across a challenge that might activate a fixed mindset. How do you think you could approach the situation differently in practice, trying to focus more on using a growth mindset?</b>
Bryson - he/him	Can you give an example?
Bryson - he/him	Sorry
<b>Girasole (Peer Worker)</b>	<b>No need to apologise! :) </b>
the magician	i think if you have ten good years on a med that's a positive. convincing my psych for medication change or recognising triggers and employing earplugs and music as a regular part of my self care. due to being hypersensitive.
Amber22 (PSW)	I would like to experience more growth in opening up my mindset to trust more. I think that sometimes I can remain very fixed in this because I don't want to get hurt or have any negative emotions. I think just understanding that this is a hard situation and trying my best to think of how much better I will feel if I view the situation with a growth mindset perspective.
the magician	id like to open myself up to call out when people new friends are being untrustworthy too.
The Hams	amber22 agreed
The Hams	radical self compassion
the magician	growth mind set project voices would be good.
Bryson - he/him	I would like to have more growth in my mindset towards my therapy. I find it really hard to see any progress. I have severe OCD, and it's pretty much been the same approach since forever, with little progress. I'm trying to focus on having a better dialogue with my treatment team and evening like, 'Ok, this isn't working. What can we do?'
Bryson - he/him	*being, not evening. Haha
The Hams	also reading self help - but good self help not woshy washy stuff

<b>Girasole (Peer Worker)</b>	<b>It sounds like a frustrating experience to have felt little progress after a long time @Bryson - he/him - I think having a growth mindset to it sounds like a really helpful way of approaching it, though, &amp; providing your own feedback to your treatment team :)</b>
the magician	id like that approach too@Bryson - he/him
<b>Girasole (Peer Worker)</b>	<b>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?</b>
Bryson - he/him	Thanks!
the magician	i find reading neurology booklets helpful.
Amber22 (PSW)	i have learnt that its okay to cut yourself some slack when developing new mindsets, and take things one step at a time
The Hams	yeah - that a growth mindset is hard - but its kinda expedcted because with MH issues we are ingrained to thinking styles that have been implemented for a long time. So in the end i have realised that otehrs here know what it is like, but also that others have improved too so therefore i can as well
Amber22 (PSW)	Sometimes it just needs to be reiterated to me :)
the magician	i have learnt that i can expand both my mind and treatment approach to make changes and be able to achieve more healthily
<b>Girasole (Peer Worker)</b>	<b>Like in many other peer groups chats, I've once again found it heartening that a lot of us have similar experiences and feelings, and a desire to learn and grow despite the challenges</b>
<b>Girasole (Peer Worker)</b>	<b>Q: Would some self-care be helpful for you after we finish? If so, what might you do? 😊</b>
Amber22 (PSW)	As always, a big cup of tea for me :)
The Hams	in terms of self care i will be turning off screens after i have a shower and then doing journaling
The Hams	then bed as i have an early 5 am start tomorrow
the magician	chat about what I've learnt with support band aid . escape into a book. make a decaf milkshake?
The Hams	i still have to wash off sand from the beach today lol
<b>Girasole (Peer Worker)</b>	<b>I like the idea of tea to wind down! And I'll also focus on getting a good night's sleep</b>
<b>Girasole (Peer Worker)</b>	<b>Here are some further resources about growth mindsets we recommend having a look at: 1: On Growth Mindset &amp; Neuroplasticity <a href="https://www.youtube.com/watch?v=MzoCO2OrqZg">https://www.youtube.com/watch?v=MzoCO2OrqZg</a> 2: How to develop a Growth Mindset:</b>



	<a href="https://matterapp.com/blog/how-to-develop-a-growth-mindset-10-strategies-to-success">https://matterapp.com/blog/how-to-develop-a-growth-mindset-10-strategies-to-success</a> 3: How do you Create and Nurture a Growth Mindset: <a href="https://louisville.edu/hsc/faculty-development/facultyfeed/how-do-you-create-and-nurture-a-growth-mindset-1">https://louisville.edu/hsc/faculty-development/facultyfeed/how-do-you-create-and-nurture-a-growth-mindset-1</a>
the magician	to sleep:1f634: satisfied and looking forward to tomorrow.
The Hams	Being cut off from our own natural self-compassion is one of the greatest impairments we can suffer
The Hams	- Gabor Mate
<b>Girasole (Peer Worker)</b>	<b>Thank you for joining, and we hope you enjoyed the discussion 😊</b> 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 <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a> . You can also ask questions for us to discuss in future peer chats!
Amber22 (PSW)	Thank you for joining everyone! Have a great night :)
the magician	good nite people see you nxt wk.
<b>Girasole (Peer Worker)</b>	<b>It was a really great group tonight, thank you so much everyone for your thoughts and presence :1f60a:</b>
The Hams	take care all - keep developing the growth mindset