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Peer Group Chat Summary

Date: 14.12.2023

Topic: Creature Comforts

Description: Finding things that feel familiar and that comfort us that make feel good can help us a lot when we may be feeling overwhelmed, stressed, or exhausted. Let's come together to talk about the things that might help comfort us, and how we could engage in them more.

Summary of discussion:

- What brings us a sense of familiarity or comfort during hard times
 - Feeling safe/ soothed and feeling like we can rest while being ourselves seems to be what resonates the most for all of us when we think of comfort.
 - This might include being in bed, being with pets or loved ones, re-watching shows or movies that we like, comfort foods (such as Tim Tams or pizza), physical work or exercise, warm sheets and towels, cleaning, music.
- How these familiar or comforting things might help our mental health
 - They might take us back to who we are, make us feel comfortable and sleepy, they feel like home, and feeling a sense of safety or reminding us of good times.
 - It seems that engaging with our familiar favourites help us to feel at peace and content, gives us energy and improves our overall mental health, it also might help to ground us.
- Challenges and barriers to engaging with comforting and familiar things and how to overcome these
 - Finding specific things or environments triggering, our current mental health states, routines being interrupted, and changes may also act as barriers.
 - We can overcome these by; having a toolbox that you can draw from when you need other comforting options, finding other comforts, having someone to support you and being able to leave situations that you don't feel comfortable or good in.
- Comfort has many different facets. From the unwavering love of a pet, to taking frustrations out in a cleaning frenzy of physical activity. It can be the appropriate music playlist or a podcast. A weighted blanket turned into a coat. Comfort changes as we change.

Discussion questions

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Q1. What does comfort mean to you?

Q2: What feels familiar or brings you comfort during times when you might need it?

Q3: What about these familiar things are comforting?

Q4: What effect does engaging with these familiar favourites have on our mental health and wellbeing?

Q5: What barriers or challenges might get in the way of engaging with our familiar favourites?

Q6: What are some ways to overcome these barriers?

Q7: How might we be able to incorporate our familiar favourites into our lives (when we might need them)?

Resources

These are the resources that were shared during the session:

1 30 things that make us feel comforted in 30 minutes or less:

<https://cupcakesandcashmere.com/lifestyle/things-that-make-us-feel-comforted-in-30-minutes-or-less>

2 Cozy Comfort Foods to Curl Up With <https://www.youtube.com/watch?v=PpRjiWfela4>

3 Why and When the Familiar Feels Good:

<https://www.psychologytoday.com/intl/blog/unserious-psychology/202310/why-and-when-the-familiar-feels-good>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Creature-Comforts-Thursday-14th-December-2023-7/m-p/1371029/highlight/true#M357238>

Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.