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Peer Group Chat

Date: 13/04/23

Title: Cultivating Courage and Resilience

Description: Resilience isn't always as easy as "you get knocked down, you get back up again", and getting up after being knocked down can also take a lot of courage. Let's come together to explore resilience and courage.

<p>Amber22 (PSW)</p>	<p>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 Cultivating Courage & Resilience.</p>
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	<p>Tonight, Peer Support Workers @amber22 and @TideisTurning will be facilitating a discussion around the topic of Cultivating Courage & Resilience. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it's really important to be aware of how to cultivate courage and resilience in our everyday lives. 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.</p> <p>Some of the conversation may be heavy in nature as we talk about resilience after some hard times, and how to pick ourselves back up with courage afterwards. @Jynx, 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-faq) or message @Jynx</p> <p>We're looking forward to creating a space where we can reflect and learn more together about Cultivating Courage & Resilience.</p>
Amber22 (PSW)	
Amber22 (PSW)	Welcome! @creative_writer and @Laura !:)
Amber22 (PSW)	Hey there @tyme (PSW/ Moderator) !
creative_writer	Hi everyone :)
Laura	Hi @Amber22 (PSW)
Amber22 (PSW)	<p>Within this group tonight we'll be talking about:</p> <p>What place resilience and courage have in your recovery</p> <p>The benefits and limitations of resilience</p> <p>Cultivating courage when needed within our journey</p>
Amber22 (PSW)	Welcome @Gerard :)
Amber22 (PSW)	Welcome! @Snowie and @Millieme :)
TideisTurning (PSW)	Hi @creative_writer , @Laura & @Gerard & @Snowie & @Millieme
Snowie	Hi @Amber22 (PSW) and everyone else
Amber22 (PSW)	Hey @jayzy058 !

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jayzy058	Am I still banned
Gerard	were are your group guidelines?
Laura	Hi @TideisTurning (PSW)
Amber22 (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. In the meantime, feel free to introduce yourselves. I'm @Amber22.
Amber22 (PSW)	No you're not banned for now, just so long as everyone follows the group guidelines that @TideisTurning (PSW) is about to send through :) @jayzy058
TideisTurning (PSW)	Hey @Gerard, our groups guidelines can be found at this link, if you scroll down toward the end :) https://www.sane.org/peer-support/peer-group-chat
Meggle	Oh hi guys - technical issues
Amber22 (PSW)	Welcome! @Jacques
Jacques	Hello ladies, gentlemen and gender neutral peoples
Gerard	ok
Amber22 (PSW)	Welcome :) @bobbie
Amber22 (PSW)	Let's get started with our questions for the night!
Amber22 (PSW)	Q1: How do you feel about the term 'resilience'? What place does it have in recovery for you?
Amber22 (PSW)	Welcome! @StanD :)
jayzy058	I'm always told I'm resilient
StanD	Hi amber22 & everyone
Amber22 (PSW)	Hey @Appleblossom :)
Laura	Resilience is being able to hold on, fight through whatever we are going through, and come out stronger on the other side.
Appleblossom	Hello Amber

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Meggle	Well I feel like I have a lot of it. I think it's the ability to go through hard times and still be able to pick yourself up afterwards and carry on. I need resilience in my recovery because becoming unwell AGAIN is so traumatic
Millieme	I think resilience is really important and i can acknowledge for myself that i am able to 'bounce back' from a lot that life throws and keep going. Sometimes I feel like it is a term that is too easily used and in a way kind of minimises severe Trauma when all you are doing is surviving, being told you are resilient after horrible things doesn't necessarily feel right for me.
Amber22 (PSW)	Welcome! @Shaz51 :)
TideisTurning (PSW)	Loving these definitions everyone!
bobbie	To be honest, sometimes resilience sounds like pressure. I think because my most recent memory of it is being told to develop resilience, like I wasn't doing enough at the time. It was hard to hear.
Snowie	For me resilience seems like something I work towards. I know I have it at times, to withstand impulses and cravings. I think it is easy to see it in others, yet hard to see it within ourselves.
Meggle	Hiya @Shaz51 @Jacques
jayzy058	Goodbye
Jacques	resilience for me is finding techniques to cope with anxiety/depression.
Jacques	hi @Meggle
TideisTurning (PSW)	I feel you @bobbie. We'll be exploring that sort of thing a little further in the chat :)
StanD	I don't like the term. I love ppl beautiful answers. I have had childhood memory where that term was used. I interpret it as , "you'll get over it"" & it's 'ok' to be hurt?
Meggle	Hi @Snowie
Shaz51	hello @Amber22 (PSW)

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Millieme	I like that you are able to recognise that resilience ebbs and flows, i also find there is pressure in 'being resilient' and on my stronger days it isn't as hard as other days. some days small things are a trigger and i have to work so hard to 'be ok' and other days its just easier...
Shaz51	hello @Meggle
Amber22 (PSW)	Hey! Gillie1@ :)
Appleblossom	Like @bobbie said it can be used in negative ways. Any word can. A lot depends on how it is used. At first I was wary of it as an overly used phrase to dismiss real trauma. Now I can use it on my terms and I feel good about that. It is an important concept.
Snowie	@Millieme totally agree
Meggle	so true @Appleblossom
Shaz51	resilience for me is finding techniques to cope being a wife of a husband with anxiety/depression.
TideisTurning (PSW)	I love that @Appleblossom! Reclaiming the words for yourself
StanD	I prefer a term like healing for example
Amber22 (PSW)	Q2: Some people aren't entirely comfortable with being praised as being resilient (or praising others for being resilient) - if this is you, what are the reasons you don't like it?
Shaz51	also resilience for me is finding techniques to cope being a Daughter of my mum who is in aged care
Meggle	Probably because it's a pat on the head by a therapist who means well but it is very condescending
TideisTurning (PSW)	Ooh. I'm interested @StanD- do you mean 'healing' as an alternative term to 'resilience'?
Amber22 (PSW)	Yes, definitely can come across as condescending at times @Meggle

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Millieme	I find it hard to be told I'm resilient for trauma that was out of my control (as people keep telling me it wasn't my fault), and that surviving is resilient. It feels kind of dismissive in some way (at times and unintentionally) and sometimes it also feels as though just be physically surviving is worth it when (at times) life is fairly unbearable.
bobbie	because sometimes, we are "not resilient" . That doesn't make us not OK or less, or weak. It can come across that way
Laura	It could be because it means you have been seen to go through something to make you resilient in the first place.
Shaz51	yes i agree @Meggle
Jacques	from what i am reading here, a lot of people seem to over use it or use it inappropriately. it has never been said to me, I'm not one to be resilient, i crumble under any stressful situation.
Amber22 (PSW)	Welcome! @Cool as Cola
TideisTurning (PSW)	Hi There @Cool as Cola :) We're just discussing why resilience may be an uncomfortable term :)
StanD	Yes exactly @TideisTurning (PSW) Resilience implies 'bouncing back'. But we don't return to our usual state. We are changed. Adapting, and healing?
TideisTurning (PSW)	Love it @StanD! <3
Snowie	Resilience for me means you have to have gone through adversity before you can become resilient.
Gillie1	Hi just worked out how to join
Meggle	Yes the situations that you are resilient after are/were usually out of your control! Just the act of surviving is seen as resilience, but what choices do we really have. We have to keep on going! So if that is resilience...

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Jacques	I really like your insights @StanD it resonates with me as I was abused as a child. it does change you forever.
bobbie	Because we have difficult days and times. That can be seen as less/not resilient and hence, we are deemed not OK, or not doing enough etc.
TideisTurning (PSW)	Yes @Meggle! :)
Meggle	Me too @Jacques I think childhood trauma is a common story with a lot of people with MI
Cool as Cola	Sometimes I find resilience is often referred for someone to "brush something off" or to act "unphased". Sometimes I feel it can be used in harmful manners and does not always encourage healing and change, as I believe has been stated previously
chibam	Hi All! :) Sorry I'm late. got held up.
Amber22 (PSW)	Hello!! @chibam
Meggle	hi @chibam
TideisTurning (PSW)	Hi @chibam! Great to see you tonight :)
Jacques	such a shame it is not spoken about more @Meggle I feel like any childhood trauma is not allowed to be talked about, like i should be ashamed of it.
Meggle	I don't think we should be ashamed of it, after all it was
Meggle	wasn't our fault
Meggle	but I can see how it can be triggering
chibam	Q2: The short answer is, I feel like the word resilient has come to mean "you're a good punching bag!" People have come to see it as a license to pile limitless amounts of crap on the "resilient", and it's all good, because they "won't go off and do something silly" (e.g. commit suicide), because their able to take it without lashing out.

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Gillie1	Keeping on going through hardship is not always really a choice but is resilience having the experience to recover easier? but then there is an expectation that we should be able to bear stress all the time if people refer to us as resilient?
Silverlining	Hello this is my first time here
Amber22 (PSW)	Q3: What are some of the limitations or concerns we have with being called resilient or resilience as a concept?
Amber22 (PSW)	Welcome! @Silverlining :) Glad you're here with us
TideisTurning (PSW)	Shame thrives in silence @Jacques, which makes hard stuff tougher to talk about, but also to my mind, more important. As @Meggle has said- trauma isn't our fault <3
Gillie1	Me too Silverlining
Jacques	welcome to the amazing community @Silverlining
StanD	I'm sorry that happened to you @Jacques Sane here & I recall hearing 'kids are resilient ' sorry if that is triggering for people. I think it's an awful term that serves to dismiss real pain that is to uncomfortable for others to see
Silverlining	What our homework question?
Jacques	welcome also @Gillie1 SANE is an amazing space.
Cool as Cola	Q3: What are some of the limitations or concerns we have with being called resilient or resilience as a concept?
Silverlining	ok
Gillie1	Thanks :-)
Jacques	please don't apologise @StanD it is an important subject that needs to be spoken about
Snowie	I think some of the concerns of resilience is that it can set unrealistic expectations, or to push you too hard too soon
StanD	Haha @chibam wow this is awesome interpretation
Meggle	It means we are always expected to be strong and bounce back. Sometimes I am not up for it

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Gillie1	If seen as an expectation of reaction it can add pressure?
Cool as Cola	very much agree @Gillie1
Shaz51	Q3 @Amber22 (PSW) , @TideisTurning (PSW) a lot of family members and friends will say a lot of things to my face or behind my back which I find out later (but no one reaches out to give you a helping hand
Millieme	I think the concept also makes an unwell person so wholly responsible for response to challenges and that can be such a huge weight and can feel as though you can't ever live up to what 'resilience' is
chibam	Q3: As I mentioned above, this modern focus on resilience has (IMHO) shifted the bar in terms of what's viewed as acceptable - and not in a good way. It's diverted focus to the question: "What are people capable of surviving?", when we should be asking: "Where are the boundaries of what is worth surviving? And how can we help people from not being pushed beyond those boundaries?"
Cool as Cola	unhealthy pressure. As well as not allowing people to work through their experience/reactions/emotions in a healthy manner
Silverlining	That's a tricky question as some of us do try to instil that believe, sometimes me
Snowie	A concern is that it can make you have unattainable goals. It can expect so much of you. And then you crash when you cannot achieve those goals
Jacques	resilient as a concept as with most things sound amazing on paper but fails in practical terms. from what i have read here, it is a term used to often and is misused in some situations. i can see in a situation of abuse it can feel like you should be able to cope.
TideisTurning (PSW)	I feel like for me, when resilience is pushed, it can feel like my struggles are dismissed or invalidated, which can make coping harder, because then, not only am I trying to cope with the original struggle, I'm also potentially trying to justify the impact of my struggle to others, or otherwise remind myself that struggle is valid (which it is).
Meggle	I am already a perfectionist. As already mentioned, it puts on added pressure

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Millieme	I think it's tricky for mental health - we wouldn't tell someone to heal their broken leg with resilience alone but sometimes I feel I have kind of been told to heal myself with better resilience
chibam	Like, a lot of people started throwing the word "resilience" around just after Dolly Everett died. And, IMHO, that carries with it an implication that the bullying she endured was fair; the problems was that she was just too weak to endure it.
bobbie	because sometimes. makes me think why can't I just be resilient and get over things - it triggers my inner critic.
StanD	Thankyou @Jacquesyes...
Silverlining	Just testing guys...
Meggle	test came thru @Silverlining
Gillie1	For people who are used to invalidating themselves and being invalidated it is an issue.
bobbie	I'm so glad so many of you understand.
StanD	Yes. @Shaz51
Silverlining	OH I have a contender question if that is alright?
Meggle	Resilience as a concept is fine but I think the word is overused
Jacques	sorry everyone I'm really exhausted today, I'm going to have to call it a night, hugs to everyone, we all matter and we all deserve respect.
TideisTurning (PSW)	I see where you're coming from @chibam
Amber22 (PSW)	Sure! @Silverlining
Meggle	night @Jacques
Amber22 (PSW)	Thanks for coming along tonight, have a restful evening! @Jacques :)
TideisTurning (PSW)	Go for it @Silverlining!
bobbie	goodnight Jacques

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Shaz51	good night @Jacques , I am very tired and sore here tonight xx
TideisTurning (PSW)	Thanks for being here @Jacques. Take good care of yourself <3
StanD	What you said @chibam is real love.
Amber22 (PSW)	Q4: What do you think some of the benefits are of the concept of resilience, and how it applies to your recovery?
chibam	@StanD You mean about Dolly Everett? I think most of us can sympathize with her pretty well, on some level at least.
Meggle	The benefits are that I recognise resilience in myself. I have been through a lot in my life and yet I am still able to bounce back and live a successful life. I recognise my own strength and determination
chibam	Q4: Look, I won't deny that there are probably many people out there who might do well to strengthen their resilience. Life can never be perfect, and yes, we all need some capacity to endure life's unavoidable crap. I just think that the term resilience is being grossly overused in this day and age to blame victims for being "too soft", when in reality it is their plight that is unreasonable.
Millieme	I think when resilience is talked about in a compassionate way, in an appropriate context (from someone you have a solid relationship with, who has a good understanding of your history/trauma) it can be a positive part of healing... I have a psychologist who doesn't tend to use the word very much but I can imagine if she did it would be a different experience to when I have been told to be resilient from mental health workers in the past. and also for me, probably helping me to see what resilience means to me personally and building an accurate picture of that for my own context rather than just a term used arbitrarily.
StanD	Well yes @chibam , but mainly, the bit I understood was about boundaries that prevent people from falling so far & how we can help. This is the real question.

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Gillie1	I guess in regards to trauma reactions it's been there got over it before don't like it don't, want it, but I know what to expect and how to handle it.
TideisTurning (PSW)	I feel like, without resilience, I would be more likely to stay down after being knocked to the ground. That's a pretty big advantage right there for a start, especially if I consider some of the (good) things that have happened when I've managed to get back up and/or try again before.
Silverlining	Cool. Take care then. So that question 3 seems like that it may be good to be kind to ourselves, take it easy on ourselves. BUT where do you draw the line between being able to say that? To say that we are strong or can bounce back from problems? Like looking at the youtube motivation videos, and Muhammund Ali, Rocky YOU CAN DO IT
Snowie	It can help protect me from my anxiety and depression getting worse.
Shaz51	good night everyone , sorry sooo sore everywhere and tired
Amber22 (PSW)	Great question!! @Silverlining
TideisTurning (PSW)	All good @Shaz51. Lovely to see you! Take care <3
Snowie	Good night @Shaz51
Amber22 (PSW)	Goodnight @Shaz51 I hope you feel better tomorrow, sending hugs
Silverlining	whlep me understand?
Millieme	Night Shaz51
chibam	@StanD Well, that feeds a fair bit off personal experience, TBH. But thanks for the kind words. :) :1f917:
bobbie	@Shaz51 goodnight
TideisTurning (PSW)	That's a big question @silverlining, but a great one. I feel like it's gonna be a very individual thing that's different for every person
chibam	Good night, @Shaz51 ! Sleep well! :)

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Amber22 (PSW)	I guess my thoughts on that is that it's different for everyone @Silverlining , some people can get quite triggered by resilience and therefore it can turn toxic quite quickly for them, but others might see the motivation in it a bit more, totally up to each individual person I think!
Shaz51	night @Millieme ,---- soo good to see you here xxx, see you on the forum tomorrow xx@Snowie , @TideisTurning (PSW) , @Amber22 (PSW)
Snowie	Honestly, I find it hard to see how it aides my recovery. I know I have it, it is the thing that makes me turn up to my psych appointment every fortnight, but I struggle to see how it benefits me day to day
Gillie1	I find it problematic to look for inspiration in other people's experience sometimes. Their resilience is a good example, but I struggle with calling other people's challenges inspirational.
StanD	Night @Shaz51
Shaz51	night @StanD
Cool as Cola	I'm getting distracted so I'm going to head off! night!
Amber22 (PSW)	Q5: Even when we know the benefits of resilience, it can still be hard, which is where courage may come in. What do you see as the place of courage in relation to resilience?
Amber22 (PSW)	Goodnight! @Cool as Cola Thanks for joining us tonight :)
TideisTurning (PSW)	Thanks for being here @Cool as Cola :) Take care
Silverlining	oh gee, its so complex
chibam	@Silverlining I'm not an expert, but I think that a big factor there is separating what you want for yourself, vs. what everybody else wants from you. People will often shame others for "not being resilient enough to go the distance", but the question that needs to be asked is: "Who wants you to go that distance? You? Or the people pushing you? Or both?"

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Gillie1	Courage has it's place but I see more correlation with stubbornness but maybe they can be the same thing?
Snowie	To me courage is the ability to bounce back, to move forward even with setbacks
TideisTurning (PSW)	With this question, I'm reminded of a favourite quote of mine (which some of you may have seen already over on our forums thread for this week); courage is not the absence of fear but rather the judgement that something else is more important than fear. For me, this 'something else' can provide motivation and act as a fuel to drive my attempts to get back up and try again.
StanD	I think it takes more courage to maybe forget about trying to be resilient. It takes real strength to stand up & say I'm not ok. Courage needed to adapt or change oneself too.
bobbie	They say courage is not the absence of fear but the ability to go through with things despite the fear. So I guess, with courage, one can better build resilience. Hard topic tonight.
Millieme	I think courage, to me, is almost more than resilience, it's an action sometimes whereas I feel like resilience is more passive... maybe
chibam	Q6: I won't answer this in terms of courage; I'll answer it in terms of its absence, which is cowardice. And cowardice as a concept is a huge problem in the realm of mental health, because it is used so frequently to push people around. Nobody wants to be branded a coward, and therapists know this very well; so a very easy way for them to bully patients into doing stuff that the patient plainly doesn't want to do is to accuse the patient of "being afraid" to do it.
Meggle	I think courage or the ability to be brave through your struggles is very important to getting through them
StanD	Oh I love this quote @TideisTurning (PSW)

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chibam	Courage and cowardice are important issues in life, no doubt. But at the moment, they are being grossly abused to exploit and manipulate people. They've become dangerous topics in that regard, and so I think we need to talk about them very thoughtfully.
Snowie	courage to me is persisting even in the most difficult of times
bobbie	oh @chibam that is heartbreaking. I don't want to imagine any therapist saying that
Silverlining	and with that said, I think assertiveness plays a BIG factor to our wellbeing. Like, thinking about it, it can shape everything because you are in control and getting what you want or a fair share
Gillie1	I see courage as a bit more than just persisting maybe it is taking a stand to make change to try and do more than persist? Even if it doesn't work.
chibam	@bobbie It is one of my therapist's favourite tactics. And let's not forget that one of society's greatest deterrents against suicide is to brand it "the coward's way out." Officially or not, the mental health system is right on board with that, because it gets the job done effectively.
Meggle	Funny thing - Assertiveness! I don't have much of that. When I got assertive with my psychologist, she didn't like it and we ended up parting ways
chibam	*It WAS. Typo
StanD	Wow @chibam yes courage as 'opposed' to weak, fail etc etc. There is no right or wrong & anyone who claims there is...has an angle!
Silverlining	However it's weird because when I was trying to guess which is assertive, for some reason I see aggressiveness as assertive, so the people who get what they want even in a nice way I become a coward CRIES!
Gillie1	It's amazing how assertive some professionals want us to be with everyone apart from them.

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Amber22 (PSW)	Q6: How can we deal with constant setbacks in life that challenge us through courage and resilience?
Silverlining	I meant assertive as aggressive** my bad
bobbie	@Gillie1 ! yes
Gillie1	Humour!!
bobbie	Be kind to ourselves
Meggle	We can have the courage to keep on trying regardless of the many setbacks.
chibam	Q6: Consider how worse the alternatives are.
bobbie	We can tell ourselves that setbacks are part of the process, and tomorrow is another day. This is not a linear process.
TideisTurning (PSW)	Constant setbacks are a different kind of challenge, and that's where I think it's really important to be mindful of the potential for resilience to become problematic, or even toxic. because resilience can be helpful. But if its effect is dismissing or invalidating struggle, or if the struggle is an ongoing one, simple resilience can stop being helpful. However, this may also be where courage can come in, in a different way. For example, by providing the fuel to help us take a stand or speak up about the struggle, assert our needs and/or get the support we might need to resolve the issue if either it's longstanding or not something we can fix on our own.
Meggle	I agree @bobbie being kind to ourselves is the first step in resilience
Silverlining	What about in the moment?
Silverlining	tough
Millieme	Dealing with setbacks, I think I have to give myself a moment (or longer) to deal with the setbacks before i refocus and plan how to manage the situation. I'm trying to learn to be a bit more compassionate with myself - one of my children has a serious health condition and there have been times that I've just had to let myself (internally) fall apart before i could generate the space i needed to plan for managing appts and surgeries and everything that is needed..

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bobbie	@Meggle @TideisTurning yes I hear you
Millieme	I think I've also got better at identifying the level of 'seriousness' of situations, but when everything is overwhelming even situations that right now I would breeze through can seem so much harder.. and in those moments, it is so hard to 'be resilient'
TideisTurning (PSW)	Love it @millieme. Allowing that space to feel what you might need to before you respond to it <3
bobbie	I get you @Millieme
Gillie1	Yes resilience for me is often switching off emotions to deal with the now then falling apart later. The problem happens when you don't let yourself fall apart later either.
TideisTurning (PSW)	Absolutely @Gillie1. Emotions demand to be felt, so release is important, but it's also important to have that safe space for release too <3
Gillie1	Or you judge yourself for falling apart later
bobbie	@Gillie1 tricky stuff
Silverlining	Nothing special I can think of but just all route goes to mindfulness.
Amber22 (PSW)	Q7: How might you be able to cultivate courage and resilience when needed in your recovery?
Gillie1	I'm thinking of the AA prayer how does it go?
Gillie1	I won't get the words right
Meggle	By remembering that I have faced similar situations before and gotten through them. Or by remembering that I have shown resilience before. I am strong and I know that I can get through most things
chibam	Q7: Maybe I'm a being bit full of myself here, but I've never found resilience to be a problem. I've mostly always been a very polite punching bag. My problem's always been figuring out how to get out of unreasonable situations that, by rights, I shouldn't be expected to "be resilient" against.

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TideisTurning (PSW)	Is it grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference @Gillie1
Gillie1	Courage Acceptance and Wisdom?? help
Gillie1	that's it
bobbie	By surrounding ourselves with the right, supportive people, and being kind to ourselves. I find that makes a huge difference. Sun and physical activity helps too
Silverlining	A7: IMO, or for me personally I think I'll keep pushing for resilience and courage. To cultivate, I am trying to build a big support network around me. Who I can go and see to talk to instead of going to my family because they can't take it anymore and I seem to impact the family. That'll be the biggest restructure.
Silverlining	haha someone agrees
chibam	@bobbie @Silverlining Surrounding ourselves with supportive people. Yeah, I could go for some of that, too.
Gillie1	Creating the family of our soul not just our birth.
Gillie1	I think it is about being a caring person in general but caring for ourselves as well
TideisTurning (PSW)	I feel like cultivating courage and resilience is in part about identifying what your 'something else' from the quote I shared earlier might be in particular situations where courage and/or resilience might be needed, and having it as something of a guiding light. Apart from that, I feel like it's a case of practice and starting small then building up from there.
chibam	@Gillie1 I can so get on board with that, and so poetically stated, too!
Gillie1	I struggle with the last bit.
Amber22 (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?
bobbie	YASSSSSS people
bobbie	Something else is more important than the fear! Thanks @TideisTurning

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Meggle	That I need to be kinder to myself and not let people push me around. Courage is important
Gillie1	I need to find out what sunshine is again take better care of myself. My sunshine comes out of a Vitamin D bottle atm
Amber22 (PSW)	Q: Tonight's topic may have brought up some heavy feelings as we talked about resilience after some hard times, and how to pick ourselves back up with courage afterwards. Would some self-care be helpful for you after we finish? If so, what might you do?
chibam	Q: I'm gonna go watch the Jackie Chan movie on tonight. Those are always fun. That guy's stunts are freakin awesome.
Silverlining	I like the recent one someone said. Carrying a quote meaningful as a guiding light
bobbie	cuppa decaf tea, movie/bath
Meggle	have dinner and relax
Gillie1	I love Jackie Chan The Hong Kong stuff before he went Hollywood is fantastic.
Gillie1	Mandalorian for me I think
Silverlining	TED LASSOOOO!!!
Meggle	Thanks so much @Amber22 (PSW) @Jynx (Moderator) @TideisTurning (PSW) @tyme (PSW/ Moderator) for facilitating this discussion tonight. I got a lot out of it
Amber22 (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1 An illustration of resilience- https://www.youtube.com/watch?v=yyX6UULJEic</p> <p>2 What does Courage have to do with Resilience: https://www.linkedin.com/pulse/what-does-courage-have-do-resilience-amina?trk=portfolio_article-card_title</p> <p>3 Can we be too resilient? How too much resilience can make us overly tolerant of adversity or trauma: https://www.thoughtfulleader.com/why-being-resilient-will-kill-you/</p> <p>(scroll to halfway down; it focuses on workplaces but can be applicable generally to life)</p>

SANE

We're people like you.

Amber22 (PSW)	Aw thank you for coming along! @Meggle
Gillie1	Thanks guys it was fun.
Silverlining	thank you all. that was a helpful first session
Amber22 (PSW)	We would love to hear your anonymous feedback on today's group so we can continue to improve. It is voluntary, and will take about 4 minutes to complete: https://forms.office.com/r/yk4HS4Snnf
Gillie1	Goodnight
bobbie	Goodnight everyone, thank you and see you next week
Amber22 (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion.</p> <p>You are more than welcome to continue the discussion over on the SANE Forums if you would like https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Cultivating-Courage-amp-Resilience-Thursday-13th/m-p/1280475#M328498</p> <p>Keep an eye out for the next Peer Group Chat discussion about Reframing Failure. 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!</p>
Amber22 (PSW)	Thank you everyone! Have a lovely rest of your night :)
Meggle	Thanks so much
Meggle	Thanks for your input everyone
chibam	Thanks everybody! :) Night, all!
TideisTurning (PSW)	Thanks everyone for being here, sharing your contributions and this space. We'll close the room soon, but feel free to keep the conversation going back on Forums, take care & have a great night <3
Meggle	Goodnight