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Peer Group Chat Summary

Date: 08.02.2024

Topic: Optimising our Environment For Us

Description: Creating an optimal environment for ourselves where we can feel and perform our best is important. Join us to talk about how we can make an environment that we don't just survive in, but thrive in!

Summary of discussion:

- What an optimal environment might look like for us
 - Can look different in different environments (e.g. home, work, with friends and family etc.)
 - Supportive and calm environments
 - Calm, quiet, private, a place where we can be comfortable
 - Certain environments can be optimal for us as they can help us feel more like ourselves, feel more comfortable and more secure and supported as well.
- The difference between our environment that we surround ourselves with now, and what our optimal environment could be
 - External circumstances or people
 - Not relying on others so much, so that we can be more individualised and what is needed for us to fully feel like ourselves (safe and secure)
 - Listening to feedback from external sources might help!
- Optimising our environment in relation to our sensory preferences and to prevent distraction.
 - We might optimise our environment by having dimmer lights, and not too many sounds (or none), changing the temperature that is best for us, and having a small and inviting space for ourselves.
 - Concentrating on only one thing at a time
 - Limiting things around us that might take our focus off of a task we are doing

Discussion questions

Q1: What might the environment that you thrive in look like?

Q2: Why might this environment be an optimal environment for you?

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Q3: What might it mean to optimise your environment?

Q4: What's the difference between your optimal/ thriving environment and the environment that you're in now, if there are any?

If that's the case your environment is already optimal, what makes it that way for you?

Q5: What do you need in your current environment, to optimise it to an environment that you thrive in?

Q6: How might your sensory preferences impact how optimal your environment is? How could you optimise your environment, in relation to your sensory preferences?

Q7: How might you be able to optimise your environment to prevent distraction and help you stay focussed on tasks?

Resources

These are the resources that were shared during the session:

1. Sensory Preferences Summary: <https://www.5waystowellbeing.org.au/wp-content/uploads/2018/04/Sensory-Preferences-Summary-Checklist.pdf>
2. Sensory Preferences Checklist: <https://insight.qld.edu.au/shop/qld-health-sensory-preferences-checklist>
3. How your environment impacts your outcomes in life: <https://www.youtube.com/watch?v=2jHWkcavj7k>
4. 10 Tips to Help Reduce Distractions: <https://www.americanexpress.com/en-us/business/trends-and-insights/articles/increase-your-focus-reduce-distractions-tips/>

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

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Optimising-our-Environment-For-Us-Thursday-8th/m-p/1446412/highlight/true#M367042>



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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.