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Peer Group Chat Summary

Date: 29.02.2024

Topic: Practicing Self Care

Description: Self-care is an important part of our recovery and wellbeing and might look different for everyone. Join us to reflect on why self-care is important, and ways we can practice it.

Summary of discussion:

- What self care might mean and look like for each of us
 - Self care might look like taking care of ourselves and listening to what our body and mind need at that time, whether that means taking some time to ourselves to do things that might make me feel relaxed, or spending time with loved ones. Basically anything that makes us feel a little bit better!
 - Taking time out to take care of ourselves
 - Self-care for might fall into a few categories: ADLs, socialising and pastimes/relaxation/creativity
 - Self care can look like maintaining activities of daily living like showers as well as things like creativity, exercise and paying attention to our needs. But, self care can also be really challenging at times.
- Barriers to self-care and ways we could address these
 - Competing priorities
 - Time
 - Energy
 - Not feeling good enough or deserving of self-care
 - Wanting to help others more than we want to help ourselves
 - Overcoming some of the time barriers might be ensuring that we schedule in some dedicated time to do something that we really like, or adding it to something that we are already doing (for example; on my breaks at work). Also, finding things that we might find 'easier' to do that we enjoy, such as something that is more attainable (like going for a walk, having a bath, or just 5 minutes of reading).
 - Scheduling in time for us to do quick activities (such as a few seconds of breathing or walking during our lunch break from work).
- Proud moments of our self care and recovery journeys
 - Going on walks even when we don't necessarily feel like it
 - Losing weight that we want to
 - Finding and creating good relationships with others, and maintaining friendships
 - Keeping our jobs

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Discussion questions

Q1: What does self-care mean for you?

Q2: Why do you think self-care might be important?

Q3: What might be a barrier for self-care for you?

Q4: How might we be able to overcome some of the barriers to look after ourselves better?

Q5: What do you think are some challenging but necessary forms of self-care for you?

Q6: What might self-care with other people look like?

Q7: Are there things you're proud of in your self-care and recovery journey? We'd love to hear all about it!

Resources

These are the resources that were shared during the session:

1. The Toolshed (SANE Forum Thread): <https://saneforums.org/t5/Looking-after-ourselves/The-Toolshed/m-p/1351491#M99070>
2. Self-care (for survivors of complex trauma) <https://blueknot.org.au/survivors/survivor-self-care/>
3. A Self-Care Action Plan: <https://www.youtube.com/watch?v=wOiVTQS8ftg>



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

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Practicing-Self-Care-Thursday-29th-February-2024/m-p/1463268#M368701>

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.