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Peer Group Chat

Date: 23/02/23

Title: Conquering Our Goals

Description: Having goals and being able to look forward to things in life is important for wellbeing and recovery. However, sometimes there are extra challenges or barriers which we might be experiencing at the time to take into consideration. Whether you're getting through each day or thinking of longer term goals, join this discussion to talk about – within the scope of what we can control – setting goals for our recoveries and our lives.

Amber22 (PSW)	Welcome! @Cool as Cola :)
Cool as Cola	thank you
earthling95 (PSW)	Howdy @Cool as Cola :) welcome!
Cool as Cola	howdy :)
Amber22 (PSW)	Hey! @bobbie :)
earthling95 (PSW)	Welcome @bobbie :)
Cool as Cola	what would you like to get out of today @earthling95 ?

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bobbie	hello everyone
Cool as Cola	hey bobbie
mr-robot-75	Hi everyone - it's been a while
Amber22 (PSW)	Hello! @mr-robot-75 So glad to have you here :)
earthling95 (PSW)	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 conquering our goals.
mr-robot-75	Thanks @Amber22 (PSW) - good to see you too :)
earthling95 (PSW)	Tonight, Peer Support Workers @ earthling95 and @ Amber22 will be facilitating a discussion around the topic of conquering our goals. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, goals can help provide us with motivation and a direction for things to work towards. 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. Some of the conversation may be heavy in nature as we talk about barriers and setbacks we might encounter when working toward our goals. @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-fqs) or message @Jynx. We're looking forward to creating a space where we can reflect and learn more together about conquering our goals.
Amber22 (PSW)	Hello! @Captain24 :)
Captain24	Hi @Amber22 (PSW)

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earthling95 (PSW)	<p>Within this group tonight we'll be talking about:</p> <ol style="list-style-type: none"> 1) What goals we might have and why we might have them 2) How we might go about achieving our goals, and who/what could support us along the way 3) Barriers and setbacks that might be present in the process of achieving our goals, and how we could navigate them
earthling95 (PSW)	<p>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 @earthling95</p>
Cool as Cola	I'm @Cool as Cola :)
mr-robot-75	Hello everyone. mr-robot-75 here.
bobbie	I'm Bobbie
Amber22 (PSW)	I'm Amber22 :)
Captain24	I'm captain24
earthling95 (PSW)	<p>Q1: Are there any particular goals that you are currently working towards that you feel comfortable sharing with us?</p>
Amber22 (PSW)	<p>Welcome @Jacques !</p>
Jacques	hello ladies, gentlemen and gender neutral peoples :)
bobbie	Yes. I'm currently actively working on beating insomnia, and eating better.
Captain24	Healthier eating
Jacques	I'm working on my goal of trying to lose weight, last time I tried I got down to 120kg, I'm at 160kg now :(
mr-robot-75	A few big ones I guess. Trying to start a savings plan to buy a house (I'm in my late 40s so unlikely). Studying for a Masters degree. And putting myself back together after divorce.
Cool as Cola	I actually came here to see examples of others goals. I have the overarching goal to be "sane" but I have a hard time making smaller achievable goals

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Amber22 (PSW)	I am trying to walk as much as I can during a day, and to make sure that I am nourishing my body well. Another goal would be to write in my journal more.
Amber22 (PSW)	I hope that you get some inspiration tonight :) @Cool as Cola
earthling95 (PSW)	I am trying to find healthier ways of dealing with stress- being outdoors more often and meditating :)
Jacques	longer term goals for me is trying to overcome my separation anxiety so I can live with my partner.
Captain24	My major goal is to become stable
earthling95 (PSW)	Q2: If you have a goal you're working towards, what's inspired you to set this goal? Or, what might motivate you to set a goal?
Jacques	my goal of losing weight is really my promise to my girlfriend to be healthy. I want to try to get healthy for her really. so I can support and look after her.
bobbie	I realised I can better stick to a routine if I have a good night's sleep. A routine works to make my mood consistent
Amber22 (PSW)	Feeling better about myself is a big reason as to why I set myself goals. I know that if I work towards them (even if I don't entirely achieve them), then I will be doing better for myself and making my day a little bit better.
Jacques	I so so wished that worked for me @bobbie my mood seems to be all over the place no matter how much sleep I can get.
Captain24	I think eating healthier will help me to lose weight and also help with improving my MH
earthling95 (PSW)	For me it comes from a place of self-care and self-compassion. I may not 'achieve' my goals but it's a good feeling to know that I at least have the capacity in me to try.

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mr-robot-75	Well.. in order... rental increases... my Masters degree is a combination of self development for my job and it's something I've always wanted to achieve. As for putting myself together after divorce... well .. to be honest I don't trust people anymore .. I want to curl up in a ball and let the world go away but unfortunately, I'm in a role where people rely on me. I know I'm not indispensable, but it does give me a reason to get up in the morning.
Cool as Cola	@Jacques I feel that too, but I KNOW it's worse without enough sleep, just doesn't guarantee it will be better
earthling95 (PSW)	Sometimes trying can be more than enough.
Amber22 (PSW)	That is very relatable @Jacques , I've found recently that there are some things I can do during my day to help my mood stabilise a bit (like keeping routine, and adding something in the morning that will set me up for feeling good etc.)
Jacques	your very lucky to have a job like that @mr-robot-75 when I got hurt I isolated from the world for 20 years. it is really hard to try to rebuild my life. wishing you all the best in your journey.
bobbie	@Jacques I have found quality over quantity works better for me in terms of sleep
Jacques	yes you are right @Cool as Cola just take each day as it comes
Jacques	that might be my sticking point @bobbie I get really bad panic attacks of a night, so I don't sleep well.
mr-robot-75	@Jacques I wish I didn't have that sort of job at the moment - I want to tell the world to go and do some very rude things and leave me the hell alone. Not an option though
mr-robot-75	Sorry
Amber22 (PSW)	That is very valid that you feel that way @mr-robot-75 , and I am sorry that it's challenging right now. I hope that your masters degree is bringing you some joy in learning about self development as well
mr-robot-75	That sounded bitter. I'm sorry
mr-robot-75	Thanks @Amber22 (PSW) - it's also quite challenging but yes it's nice to see the results come in, even if they're only Passes !!
Cool as Cola	p= degrees

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Jacques	don't be sorry @mr-robot-75 you are allowed to feel that way, I still feel the same, I just know that over the past 23 years isolating I have only hurt myself.
Amber22 (PSW)	A pass is all you need :) @mr-robot-75 ! You're doing great
mr-robot-75	Halfway through so still a long journey
mr-robot-75	But I'm getting Credits mainly at the moment so I'm happy with that.
Amber22 (PSW)	You're already halfway done, that's great, it can feel a bit long in the middle but once you get over that bump it will go quicker :) @mr-robot-75
earthling95 (PSW)	Q3: Has your ability to make goals and plan ahead been impacted by any barriers? How might you be able to overcome these barriers?
Cool as Cola	You can't predict life.
Amber22 (PSW)	I find that my mind is sometimes my biggest barrier, and my discipline. Sometimes I give up on goals because I do not have the motivation to continue them, and so I am not very disciplined at keeping myself on track. To overcome this I sometimes tell others my goals so that I feel held accountable by someone else.
Captain24	With trying to be healthier willpower is my biggest barrier. Same with trying to quit smoking. I just don't have the willpower or strength
mr-robot-75	ADHD is always a major barrier for me - impulse spending etc. And lack of exec function makes doing the Masters an interesting experience!! I think the relationship break up has been my biggest barrier to my life... and I also have a massive issue with fear - I do things because I have catastrophized a situation rather than any rational reason
bobbie	Yes. Sometimes goals can feel overwhelming. I prefer small, short-term goals. They might look silly to some people but I find it helpful to break down to the tiniest, tiniest, steps.
Jacques	yes, I still find motivation, reasons for losing weight and drive a real challenge, I have only missed a few days walking, but I really don't have any motivation at all to do it, I'm frightened I will just give up.
mr-robot-75	I'm trying to reduce the impulsivity and do things like plan meals so I don't buy lunch in work, try and have one night a week dedicated to Uni study etc

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mr-robot-75	I don't make friends easily so no one really to spend time with – but I also try and spend one night a month doing something for me – like a movie at the cinema, having a meal somewhere etc
Amber22 (PSW)	Spending time alone is really nice to do :) @mr-robot-75
Cool as Cola	I underwent 5 years at uni getting my masters in something that triggers an unknown triggers that came to surface in 3rd year. Now I'm working in a field (still with my degree) I never planned or thought about working in.
Amber22 (PSW)	Willpower and discipline are my biggest barriers too!! @Captain24 I work best with accountability because of it
Cool as Cola	@Jacques I found when losing weight/getting healthier I start with what I know I can do, then build up. small changes before bigger ones
Jacques	I will try that @Cool as Cola at the moment I am going ok, so I will work on keeping it going.
mr-robot-75	Willpower is something I really suffer with I can resist anything except temptation lol
Cool as Cola	@Jacques that's great! and don't forget progress isn't always linear
mr-robot-75	I think I needed to hear that @Cool as Cola
earthling95 (PSW)	Q4: Do you think it could be beneficial to be specific about particular goals you have?
earthling95 (PSW)	I think having 'specific' goals has always been tricky for me. It always helpful to have some options to fall back on. it may mean that my path to reach my goal may take a detour, but I will still get there.
mr-robot-75	I think it could be but it can get difficult sometimes – particularly when it seems like an impossible dream (ie buying a house). There's also trying to break down emotional issues (like recovering from a break up) – not easy to make goals that are S.M.A.R.T. with that sort of thing
Cool as Cola	I'm glad @mr-robot-75 because with some of my journeys (including uni) it seemed anything but linear. But I'm now in a better place than I started. The degree was one of my hardest achievements. Even not being where I thought I'll be, taking an extra year and having existential crisis's. I'm in a better place
Jacques	maybe for me, short term goal of losing a few kgs to keep me motivated

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Amber22 (PSW)	I think (for me) that the more specific I am about my goals the more likely I am to achieve them. Sometimes when my goals are too big or too broad I feel like I can't achieve them and don't even know where to start, so I just give up.
Captain24	I'm not sure if it's worth being specific as I pretty much fail anyway.
mr-robot-75	Totally with you there @Amber22 (PSW)
bobbie	yes, as long as it's not too long term. That would make it easier for me to track my progress on meeting the goal.
Cool as Cola	I think sometimes we need to break down steps to make our goals achievable, but sometimes the fog makes it hard to see the first steps
bobbie	that is so true @Cool as Cola
Cool as Cola	@Captain24 my partner likes aiming high and making hard to reach goals, so they strive harder and they know they not getting it, but it pushes them further than they planned. I like making my goals as achievable as possible, the easier the better.... so when I achieve my goals I feel accomplished and set new (next) ones.
Amber22 (PSW)	Very true! I like that analogy @Cool as Cola
earthling95 (PSW)	Q5: Setting out to achieve new goals can be challenging and may feel difficult if we do it alone. Who in your life might be able to support you in working toward your goals. How might they do this?
bobbie	My psychologist can keep me accountable. My best friend and GP can be my cheerleaders.
Jacques	I'm not too sure, I only have my partner for motivation, I don't know anyone else. she encourages me to keep walking, and I do it for her. just knowing she is in my corner is enough.
Amber22 (PSW)	Keeping myself accountable can be hard, so I like to lean on others for accountability. Just voicing to my loved ones what my intentions are for my goals (big or small) can keep me feeling accounted for when they ask about them or follow them up. My mum is very helpful with this and does it in a very gentle way which helps me not to feel guilty if I may have not achieved it yet.

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Captain24	This is difficult as I don't really have anyone to hold me accountable. Maybe I should leave as I don't seem to have anything to offer
mr-robot-75	I don't really have anyone else in my life. But I am currently enrolled with the PSW Guided Service, so she could help in being a cheerleader. My psychologist can keep me moving forward and dealing with issues as they arise. I have friends who are in a different part of the world so they could act as cheerleaders and encouragement
Amber22 (PSW)	Welcome! @Wellwellwellnez
Cool as Cola	Having someone close (like a partner in my case, but doesn't have to be) know your limits (or how to see when you are pushing them) sometimes they can give a bit more of a push to do the goals I need, or even help me towards them (joining me on walks to get healthier) but also, having someone else tell me I have reached my limit can be quite validating, allows me to rest easier
earthling95 (PSW)	My psychologist- to build capacity, resilience and keep me accountable. My mother and partner- to remind me that I am not a failure if I fall & that I can try again.
mr-robot-75	Hey @Captain24 you are here and that is enough !!!
Jacques	hi @Wellwellwellnez
mr-robot-75	Hi @Wellwellwellnez
earthling95 (PSW)	Welcome @Wellwellwellnez :)
bobbie	@Captain24 I both enjoy and value your input in these sessions
Amber22 (PSW)	We really value having you here - you're also always welcome to read along too if you don't resonate with the question @Captain24
mr-robot-75	I feel like I dominate a bit too much sometimes but other times I just watch @Captain24
earthling95 (PSW)	Q6: What is the impact of achieving your goal/s? Or if you are still striving for your goals, what do you imagine the impact will be?
Amber22 (PSW)	I think that the impact would be that I would feel a lot better about the position I am in and make me feel like I can achieve something that I put my mind to. This is a great feeling.

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Jacques	I'm hope that by losing weight I can gain some more energy, my lungs improve as i have destroyed my lungs with smoking at a young age and be able to do more things for mum and my partner.
bobbie	Based on previous experience, fixing my sleep issues can make an enormous difference. Everything in my life will just run smoother and I will stress less, have less anxiety, be more productive.
mr-robot-75	The main impact of me getting my Masters will be a sense of satisfaction and maybe a bit of self worth improvement - as well as possibly better job prospects. A house would mean I'm more secure in my life - ish lol And the impact of putting myself back together would be that I might actually attract a partner - my looks are definitely not helping in that department but I think my lack of trust of people means that I don't come across as a "likeable" person
Amber22 (PSW)	Welcome! @Shaz51
Cool as Cola	I just want to stop what feels like life "interruptions" or "barriers" from mental health. I want to be able to hold a stable job without these "interruptions" impacting it.
Jacques	as for my long term goals, I have no idea how I will ever overcome my separation anxiety. I'm hoping science and or medication will be able to help me in the future.
Shaz51	Hello @Amber22 (PSW)
Jacques	hi @Shaz51
earthling95 (PSW)	A fulfilling life for myself & providing for my family :)
Shaz51	A bit late tonight
Shaz51	Hello @Jacques
earthling95 (PSW)	welcome @Shaz51 :)
Shaz51	Hello earthling95 (PSW)
Shaz51	My long term goal is to keep tying not to let my physical problems getting worse
bobbie	I wish I can say my family can be my support in meeting my MH goals. But we don't talk about it.

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earthling95 (PSW)	Q7: Achieving a goal is not likely to be a straightforward process, which might feel challenging. How could you deal with this?
Amber22 (PSW)	Realising that goal setting and achieving a goal is not linear was my first step. Sometimes you may fall off for a few days when working towards your goal, but that does not mean that you should give up, it just means that you can pick yourself back up on track when you feel ready to again.
Cool as Cola	overall big goal (that can adapt and change) to look towards, focus on little goals, and acknowledge they wont go to plan
Jacques	I really don't know how I'm ever going to overcome separation anxiety, being 41 I'm not sure I ever will. as for losing weight just pushing through the hard times and find reasons to keep going with it.
mr-robot-75	At the moment, I deal with it by crawling into a ball and just going further into survival mode. I should be able to just accept it and work around it but it's difficult.
Shaz51	One day at a time , keep on keeping on
earthling95 (PSW)	Allow myself to 'feel' like a failure & have a cry. It's been helpful in the past to give myself a few days to feel directionless and that I have no way forward. Slowly, I emerge from the cocoon and try my best with whatever I have got. A friend of mine once told me, "Take care of today, tomorrow will look after itself".. that's still stuck with me :)
Jacques	that is a good saying @earthling95 (PSW)
Shaz51	Very true @earthling95 (PSW) , I like that saying
earthling95 (PSW)	Comforting, isn't it? It's like a warm gentle hug,
Amber22 (PSW)	Loving those sayings @Shaz51 @earthling95 (PSW) ! :)
bobbie	I guess just being kind to myself. Otherwise, I will give up easily.
earthling95 (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?
mr-robot-75	I've learned that others are getting similar challenges to me !! I've also learned a new phrase from @earthling95 (PSW) :)

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Jacques	yes, I have learned that goals are challenging but rewarding and gives us a sense of purpose. @Cool as Cola saying resonated with me, tomorrow will sort itself out.
Shaz51	@earthling95 (PSW) I have learnt a couple more sayings to add to the days which are not going as well as a good day's
Amber22 (PSW)	I learnt that setting goals looks so different to everyone, and that going at our own pace and looking after ourselves is the best way to go forward with our goals
earthling95 (PSW)	I don't feel alone. This group chat felt like a warm hug! It did reinforce the saying "take care of today" :) you all are doing such an amazing job! Thank you for sharing your experiences
mr-robot-75	I've also learned that accepting failure, and maybe giving myself a few days of feeling sad and sorry for myself, might be enough to help me move on quicker
Cool as Cola	Time to go for a walk gtg bye :)
mr-robot-75	See ya @Cool as Cola :)
Jacques	bye @Cool as Cola
earthling95 (PSW)	Absolutely. Feel your feelings. I know it's easier said than done. We're human :)
Amber22 (PSW)	Enjoy! Thanks for joining us tonight @Cool as Cola
earthling95 (PSW)	Have a good night Cool as Cola :)
earthling95 (PSW)	Q: Tonight's topic may have brought up some heavy feelings as we talked about barriers and setbacks we might encounter when working toward our goals. Would some self-care be helpful for you after we finish? If so, what might you do?
mr-robot-75	Currently have a nasty infection that's being controlled with antibiotics so .. probably sleep lol
Amber22 (PSW)	A big cup of tea for me!
Shaz51	@earthling95 (PSW) , @Amber22 (PSW) A shower and a nice cup of coffee
mr-robot-75	Oh the tea goes without saying @Amber22 (PSW) ;D
Jacques	self care, I might have another coffee, a bit naughty but I feel like one
bobbie	Decaf tea
earthling95 (PSW)	Sorry to hear mr-robot-75. Take good care of yourself :)

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earthling95 (PSW)	Some green tea and Netflix for me :)
mr-robot-75	Thanks @earthling95 (PSW) - serious infection but under control, just feel a bit yucky.
Shaz51	Hope you feel better soon mr-robot-75
Amber22 (PSW)	Feel better soon! @mr-robot-75
mr-robot-75	Thanks @Shaz51 and @Amber22 (PSW) :)
earthling95 (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1 https://www.youtube.com/watch?v=TD4uveH1CMk - About creating what is referred to as mini-micro goals, to help with things you might be struggling with, like doing the dishes or having a shower.</p> <p>2 https://www.healthdirect.gov.au/goal-setting - Goal setting - How to create some longer-term goals</p> <p>3 https://www.youtube.com/watch?v=WK-sZjuXA6A - Setting goals vs creating sustainable ecosystems that work for us - focusing and investing more on processes than on specific outcomes</p>
Jacques	thank you once again moderators for the wonderful chat. I really enjoyed tonight, good night all, hugs
Amber22 (PSW)	Also feel free to continue the conversation on this thread, I see that some members have posted their answers if they couldn't make it tonight :) https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Conquering-Our-Goals-Thursday-23rd-February-2023/m-p/1263085#M322975
Amber22 (PSW)	Thank you for joining us tonight! @Jacques
earthling95 (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
earthling95 (PSW)	Thank you for joining, and we hope you enjoyed the discussion. 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 https://www.sane.org/peer-support/peer-group-chat . You can also ask questions for us to discuss in future peer chats!

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Shaz51	Thank you earthling95 (PSW) , Amber22 (PSW)
Amber22 (PSW)	Thank you for joining tonight everyone! It's been such a lovely chat :)
mr-robot-75	Thanks everyone - and particularly @Amber22 (PSW) @earthling95 (PSW) and @Jynx (Moderator)
earthling95 (PSW)	Thank you legends! Have a restful rest of the night :)
Amber22 (PSW)	Enjoy your cuppa! @Shaz51
Shaz51	Hey Jynx (Moderator) happy birthday
bobbie	thank you everyone goodnight
Jynx (Moderator)	Aww @Shaz51 thank you soooo much! You always remember ya cutie <3