

# SANE

We're people like you.

# SANE

We're people like you

**Peer Group Chat**

**Date:** 08/06/23

**Title:** Let's Get Creative!

**Description:**

Being creative can be a good source of general self-care and wellbeing, and it can also be used as a coping strategy in terms of finding new ways to navigate different situations. Because sometimes, you have to get a bit creative and think outside the box!

Amber22 (PSW)	Welcome! @CloudBerry :)
TideisTurning (PSW)	Hi There @CloudBerry! :)
CloudBerry	hello :)
Amber22 (PSW)	Hey! mags :)
TideisTurning (PSW)	Welcome @mags :) We'll get started soon

# SANE

We're people like you.

<p>TideisTurning (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 getting creative &amp; thinking outside the box</p>
<p>TideisTurning (PSW)</p>	<p>Tonight, Peer Support Workers @TideisTurning and @amber22 will be facilitating a discussion around the topic of getting creative &amp; thinking outside the box. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, creative thinking can become a necessity for all of us if the usual ways of going about something aren't working.</p> <p>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 the challenges of needing to get creative.</p> <p>@Basil who moderates on the SANE Forums is working hard behind the scenes to ensure our safety. If you're having any technical difficulties please see our FAQ <a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a> or message @Basil. We're looking forward to creating a space where we can reflect and learn more together about getting creative and thinking outside the box.</p>

# SANE

We're people like you.

Amber22 (PSW)	Hey! @Captain24 )
Amber22 (PSW)	:)
TideisTurning (PSW)	Hi @Captain24 :)
Captain24	Hi @Amber22 (PSW) and @TideisTurning (PSW)
TideisTurning (PSW)	<b>Within this group tonight we'll be talking about: What it means to think creatively &amp; what creative thinking could look like The challenges and barriers associated with creative thinking Solutions produced through creative thinking</b>
TideisTurning (PSW)	<b>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 @TideisTurning</b>
Amber22 (PSW)	Hey! @Snowie
TideisTurning (PSW)	Hi @Snowie! Great timing :)
TideisTurning (PSW)	<b>Q1: What might it mean to think creatively?</b>
Snowie	I really am not sure what it means to think creatively. That is why I have come on here tonight! I don't think I am a very creative person.
Amber22 (PSW)	<b>Thinking creatively means thinking out of the box for me. Trying to come up with solutions to things that I wouldn't normally do. It can be difficult for me to think creatively because I usually am a very straight-forward thinker, but I definitely think it is really beneficial in many situations.</b>
CloudBerry	I'm with you Snow. I don't think I'm very creative
Captain24	That's exactly what I was thinking @Snowie I was just too scared to say it

# SANE

We're people like you.

CloudBerry	it sort of feels like I'm always too tired to be creative
TideisTurning (PSW)	<b>Creative thinking can definitely be tiring I feel @CloudBerry, because it can be coming up with new and different things, sometimes things or ways that haven't been done before or, like @Amber22 (PSW) said, are outside the box</b>
CloudBerry	I definitely need a jumping off point. it feels like I've got no experiences or ideas or anything to draw upon when I'm trying to be creative. think it might be a memory thing from being in crisis mode for most of life idk
Snowie	@CloudBerry I am with you. I find thinking tiring enough sometimes!
CloudBerry	just difficulty in accessing deeper parts of my psyche
CloudBerry	hahaha yes I definitely agree with that too Snowie !
Amber22 (PSW)	<b>I get that! @CloudBerry Thinking can be very tiring sometimes</b>
TideisTurning (PSW)	<b>Q2: Thinking creatively or outside the box can be a challenge. How could you find a way around these challenges?</b>
CloudBerry	maybe chatting so someone about it
CloudBerry	get another point of view
CloudBerry	third party opinion lol
Captain24	I think I need to learn creative thinking first. I don't know where to start
Amber22 (PSW)	<b>Maybe getting perspective from others could be helpful, because oftentimes others can bring an outside view that we might not have been able to see. I also try and relate what I'm going through with past experiences that I might have already gone through and try to interpret them in a new light</b>
Snowie	I agree @Captain24 I would not know where to start. I think the whole concept of thinking creatively is a challenge.

# SANE

We're people like you.

TideisTurning (PSW)	That's tricky @Captain24. I find for me, I need to think creatively if the 'standard' way isn't working for me for whatever reason
Snowie	@Amber22 (PSW) I like getting the perspective of others could be helpful for me.
Amber22 (PSW)	It can seem very intimidating if you aren't a usual creative thinker, but it's one step at a time to think outside the box a little bit, just something we wouldn't normally do (it doesn't need to be super out there!) @Snowie @Captain24
Captain24	Hmm ok @Amber22 (PSW) @TideisTurning (PSW) . Maybe that's what my psych is trying to get me too do
TideisTurning (PSW)	Q3: Have you ever been in a situation that challenged you to think creatively? Tell us about it! Or, what do you think such a situation could be?
Basil (Moderator)	I feel creatively challenged by this question haha, I just try and take the pressure off myself to come up with anything special...and here we are!
Amber22 (PSW)	I've definitely been in situations where I've had to think differently than I've anticipated. One time I was looking after my nephew (who is very young) and he wasn't wanting to do any of what I had planned for the day, I had to really think outside the box and come up with some new ideas pretty quickly! If I hadn't have thought outside the box, and adapted to the situation, it would have been a very boring afternoon for him!
Meggle	Hi guys sorry I am late
Amber22 (PSW)	Welcome! @Meggle :)
Snowie	Hmmmm I'm not sure. I am a very black and white thinker.
Snowie	Hi @Meggle
Captain24	Last night at work I feel asleep while driving. Instead of keeping on going, I got out on the deck and did some star jumps. Is that the kind of thing you mean?

# SANE

We're people like you.

CloudBerry	the only thing I can really think of is that most of the time when I'm really looking forward to tomorrow or looking forward to a big day out or something, it normally doesn't go to plan..... so I gotta pivot and be like okay so I WAS gonna do [this], but now it's probably more in my best interest to do [this] instead. lets say for example me and my partner were gonna go out bowling and then go out somewhere for dinner but I end up having a flashback and my mood drops so we go home and order food instead.
Amber22 (PSW)	<b>Yes that's a great example! @Captain24</b>
TideisTurning (PSW)	<b>Something that comes to mind for me is if you're doing something creative, like art and it doesn't turn out the way you might have planned (there's an extra paint splatter for example), creative thinking can be the answer to help make something new instead, led by the 'mistake'</b>
CloudBerry	I struggle with that so bad in my art - I love working with charcoal and pastel, which easily gets real messy, and if its not the "right" messy I was after I tend to get really mad really quite devastated that I ""ruined"" my artwork
TideisTurning (PSW)	<b>Love that one @CloudBerry! Great example, particularly related to mental health!</b>
TideisTurning (PSW)	<b>I meant your other example with that comment @CloudBerry, but in art, it can lead to something new!</b>
TideisTurning (PSW)	<b>Q4: There may be times when no amount of creative thinking will help you around the barriers you're facing. In these kinds of situations, what could you do instead to address the issue?</b>
Meggle	I find that I have to use creative thinking to answer questions on forms. Like for example I just filled out a volunteer application and the question was why do you want to volunteer with this organisation? The answer needs a great deal of thought and creative thinking!
Captain24	Reach out for help?

# SANE

We're people like you.

Amber22 (PSW)	When I don't know what to do in a situation, the first thing I do is consult those who I trust and who I know will give me an outsiders perspective. It can be really beneficial when the advice is coming from someone outside of the situation, as often I get really tunnel visioned, and sometimes can't think of any other way to go around the issue (especially if I am not in a very creative thinking mood!)
Amber22 (PSW)	That is a great one - you had to think differently to how you usually would! @Meggle
CloudBerry	yeah I tend to also reach out to others for advice. and by others, I mean my partner lol. or peer support worker.
Meggle	I am terrible, I write letters lol
TideisTurning (PSW)	Definitely @Captain24 :)
CloudBerry	its kind of like, how can I think of any other solution when I don't know any other solution lol
Snowie	I normally reach out to others. Trying to get a different perspective. Or I journal a lot.
CloudBerry	oh yeah journalling is good stuff Snowie I do it a lot also
Amber22 (PSW)	Writing letters is a great idea, sometimes it might even lead you to thinking differently than you did when you first started writing @Meggle
TideisTurning (PSW)	Ooh. I like that idea @Meggle. Letters are awesome, and kinda extra special nowadays cause i's not something everyone does anymore
Snowie	That is a good idea @Meggle I think writing letters to yourself could be a good idea too. Especially in tough times when you could read them back to yourself
Meggle	I do have a special letter to myself for when I have SI
Captain24	Maybe writing a letter to myself may lessen to shrinking dark tunnel im going down
CloudBerry	sorry, but what is SI ?
Snowie	That is a great idea @Meggle

# SANE

We're people like you.

Meggle	Suicidal Ideation
TideisTurning (PSW)	Awww. I love that @Snowie & @Meggle Such a beautiful and powerful idea <3
CloudBerry	oh, that seems so obvious now, sorry about it
Amber22 (PSW)	<b>That is a lovely idea!</b>
TideisTurning (PSW)	<b>Q5: When might creative thinking be necessary? Why?</b>
Meggle	That's ok @CloudBerry When I first started gaming I had to ask what all the abbreviations meant
Meggle	Sometimes creative thinking is necessary to problem solve a difficult situation. Sometimes the normal solutions won't work
Snowie	I think creative thinking might be useful/necessary when I am out of all other options. When all my other options are exhausted and I've got nothing left in my tool box.
Captain24	When you only see one way out but it's not the right way
Amber22 (PSW)	<b>Creative thinking might be necessary when you don't feel like there's any kind of different solution to the situation, or if the solution that you thought would work, doesn't. It can create new ways to get around problems, and might even work better than your original idea!</b>
CloudBerry	its necessary when you're stumped
TideisTurning (PSW)	<b>Ooh. I like this thinking @Captain24</b>
Captain24	I need to get creative pretty quickly @TideisTurning (PSW)
CloudBerry	the idea of "being creative" often makes me a bit anxious to be honest



# SANE

We're people like you.

CloudBerry	I think because I don't want to do a shit job or make the wrong decision or fail or something
CloudBerry	I don't want to try and fail, so I don't try
Amber22 (PSW)	<b>I definitely get that, especially if it isn't something that you usually do @CloudBerry , however sometimes it can lead to something great that if we never tried we would have never found</b>
CloudBerry	I also don't think it helps though that I've developed a core belief of "I am not creative" so that kind of muddies the waters for my brain a bit in the creativity department
CloudBerry	yes I reckon this year is the year of great things I've never tried out before haha
Captain24	@CloudBerry its like I'm writing your responses. I relate to it so much
<b>TideisTurning (PSW)</b>	<b>Q6: What might fuel your creative thinking?</b>
CloudBerry	oh I'm so glad it resonates with you
Captain24	A need to resolve my current situation in a different way.
CloudBerry	music fuels creative thinking in an artistic sort of sense for me, and reading quora or reddit forums helps me when I have a problem to solve
Meggle	Bouncing ideas off others can fuel creative thinking or drawing mind maps/brainstorming
CloudBerry	yeah mind maps is a good one, and like flow chart kind of things
<b>TideisTurning (PSW)</b>	<b>For me, similar to what a lot of you have said, I find hearing what others have done helps generate ideas for new possibilities I might like to try</b>
Amber22 (PSW)	<b>I think being open with others about what I am experiencing fuels my creative thinking because it gives me different perspectives than what I would have originally thought!</b>

# SANE

We're people like you.

<b>Amber22 (PSW)</b>	<b>Music is a great one! @CloudBerry</b>
Snowie	I really think what fuels mine is just wanting a different outcome for myself
<b>TideisTurning (PSW)</b>	<b>Ooh. I'm seeing a potential path to creative thinking there @Snowie! If I want to get there, and I'm here, how so I get there?</b>
<b>TideisTurning (PSW)</b>	<b>Q7: One area we might think outside the box is self-care. What might non-obvious self-care look like for you?</b>
Meggle	My self care is really quite a routine thing. My favourite self care thing is a lovely hot shower (especially in winter) It's my thinking place
Meggle	Patting an animal
<b>Amber22 (PSW)</b>	<b>Yesss - having a cuddle with my dog definitely. I also really enjoy listening to a podcast and going for a walk in the sun</b>
<b>Basil (Moderator)</b>	<b>Paint by numbers</b>
Captain24	Diamond art
CloudBerry	playing with my cat
Meggle	That's a great one @Amber22 (PSW) Sitting in the sun is something I need to do more of
Snowie	cuddling my dog and just watching re runs of some tv shows
Captain24	Snuggling in bed with my dog
<b>TideisTurning (PSW)</b>	<b>These are all awesome ideas. Is there any you wouldn't normally do?</b>
Meggle	I probably would never give myself a facial but it's something that I would find enjoyable if I had the supplies
Snowie	@TideisTurning (PSW) something I don't normally do is look at past photos of my family, especially my kids. It helps distract me and puts a smile on my face looking at how far they have come.

# SANE

We're people like you.

Snowie	@Meggle a facial is a great idea!
Captain24	I struggle with self care most of the time. So I'm not sure of being out side the box.
Meggle	Thanks @Snowie obviously I am not a girly girl lol
<b>TideisTurning (PSW)</b>	<b>Love these ideas @Meggle @Snowie. I wonder if they're something you could look into doing the next time someone invites you to treat yourself? Or the next time you want to change up your self care routine :)</b>
CloudBerry	looking at pictures of me and my partner is helpful but I forget to do it a lot
Meggle	Maybe I will get one of those facial things at the shops @TideisTurning (PSW) you know the pre soaked paper ones you put over your face
CloudBerry	I forget to do alot of things haha
Meggle	I just don't think to do nice things for myself a whole lot
CloudBerry	yeah its something that doesn't come up often hey haha
Snowie	either do I @Meggle I'm not a girly girl either!!
<b>TideisTurning (PSW)</b>	<b>Q8: 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?</b>
CloudBerry	I've learnt that there is different types of creativity
CloudBerry	and also that being creative is hard and its not only me who struggles with being creative
Snowie	I've learnt that I need to put more ideas in my tool box and that thinking outside of the box can help in difficult situations.
<b>Amber22 (PSW)</b>	<b>I've learnt some new ways to think outside the box - journalling, writing letters, reaching out to others</b>
<b>Amber22 (PSW)</b>	<b>You're definitely not the only one! @CloudBerry</b>

# SANE

We're people like you.

Captain24	I might write a letter to myself from the perspective of what I would say to someone who was feeling the way I do at the moment.
<b>Amber22 (PSW)</b>	<b>That is such a lovely idea :) @Captain24</b>
Captain24	Also it's reminded me that I need to get back into journaling
<b>TideisTurning (PSW)</b>	<b>Q9: Tonight's topic may have brought up some heavy feelings as we talked about the challenges of creative thinking. Would some self-care be helpful for you after we finish? If so, what might you do?</b>
Snowie	@Captain24 I find journaling so helpful for me
<b>Amber22 (PSW)</b>	<b>A big cup of tea :)</b>
CloudBerry	I'm gonna watch some telly with my love and snuggle with my cat in bed
Snowie	After we finish here I plan to have a shower and do some journaling and have a cup of tea too
Meggle	it's dinner time here
Snowie	I might even take up that suggestion and write a letter to myself. That way when things get worse I can read it back to myself
Meggle	When you write a letter to yourself remember to be kind and supportive
<b>TideisTurning (PSW)</b>	<p><b>Here are some further resources we recommend having a look at:</b></p> <p>1 8 ways to become a creative problem solver: <a href="https://www.betterup.com/blog/thinking-outside-the-box">https://www.betterup.com/blog/thinking-outside-the-box</a></p> <p>2 Creative thinking 'how to get out of the box and generate ideas': <a href="https://www.youtube.com/watch?v=bEusrD8g-dM">https://www.youtube.com/watch?v=bEusrD8g-dM</a></p> <p>3 7 steps of creative thinking: <a href="https://www.youtube.com/watch?v=MRD-4Tz6OKE&amp;pp=ygURY3JlYXRpdmUgdGhpbmtpbmc%3D">https://www.youtube.com/watch?v=MRD-4Tz6OKE&amp;pp=ygURY3JlYXRpdmUgdGhpbmtpbmc%3D</a></p>
CloudBerry	thanks so much for tonight guys

# SANE

We're people like you.

Captain24	Thanks everyone. Good night
Amber22 (PSW)	Thank you for joining everyone :) Have a lovely night!
TideisTurning (PSW)	Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like <a href="https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Let-s-Get-Creative-Thursday-8th-June-2023-7-8/m-p/1301873#M335109">https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Let-s-Get-Creative-Thursday-8th-June-2023-7-8/m-p/1301873#M335109</a> Keep an eye out for the next Peer Group Chat discussion about Too Much of a Good Thing? If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a> . You can also ask questions for us to discuss in future peer chats!
Snowie	thanks to everyone. A really interesting topic tonight
Meggle	Thankyou to @Amber22 (PSW) @Jupiter @TideisTurning (PSW) @Basil (Moderator) for running this chat. I really enjoyed it!
Meggle	Goodnight everyone