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## Peer Group Chat

Date: 28.09.23

**Title:** Move with Motivation

**Description:** It is very common to procrastinate when we lack motivation to do certain things. Let's come together to learn from one another why we might struggle with procrastination and what we can do to get moving with motivation.

TideisTurning (PSW)	Hey @Glisten :)
Glisten	Hello from Western Australia
TideisTurning (PSW)	<b>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 Moving with Motivation</b>
Catz28	Evening from Victoria

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TideisTurning (PSW)	<p>Tonight, Peer Support Workers @TideisTurning and @Jupiter will be facilitating a discussion around the topic of Moving with Motivation. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, motivation can be an important driver to getting things done. 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 struggles with motivation. @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 (<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 @Jynx We're looking forward to creating a space where we can reflect and learn more together about Moving with Motivation.</p>
Jupiter (PSW)	Evening everyone :)
TideisTurning (PSW)	<p><b>Within this group tonight we'll be talking about:</b></p> <ul style="list-style-type: none"> <li>- Things we tend to procrastinate over versus what motivates us</li> <li>- How we could use motivators to overcome procrastination</li> <li>- Benefits of moving with motivation</li> </ul>
TideisTurning (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 &amp; share a self care plan for after we wrap up the discussion his evening. I'm @TideisTurning (self care plan)</p>
Catz28	My self care plan for tonight is bed not long after we finish. Has been very busy last few days and starting to feel tired
Jupiter (PSW)	I'm looking forward to some sleep too @Catz28 :)
Snowie	Sleep beckons for me too after this chat. Has been an exhausting day
Glisten	Hello Chatsters. My self-care plan after tonight's chat, is to read a novel a friend wrote.
TideisTurning (PSW)	<b>Q1: What kinds of things do you find that you tend to procrastinate about?</b>

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Jupiter (PSW)	I tend to procrastinate about things that I find hard or things that I know will take a while for me to do. Often, it is things that I also might not fully understand how to do (like assignments for university) or something that I don't feel completely confident in completing.
Glisten	Job applications.
TideisTurning (PSW)	Welcome @cookiessea :)
Snowie	Everyday life, Situations that I am not comfortable with, Making decisions
Jynx (Moderator)	With my ADHD I procrastinate just about anything and everything that isn't a source of dopamine
7cough9	good evening all
TideisTurning (PSW)	Hi There @7cough9 :) We're talking about things we procrastinate about if you'd like to jump in :)
7cough9	q1 types of things I procrastinate about: business tasks like chasing payments, updating paperwork. personal care and grooming from trimming nails to medical appointments, confronting or uncertain tasks, from looking up family members to trying novel psychotherapies .
Catz28	Things that are hard or challenging. Procrastinate when would rather be out doors then stuck doing housework
Jupiter (PSW)	Hi @Dez :)
7cough9	also , domestic tasks from fixing shoelaces to ordering a new wheelie bin
TideisTurning (PSW)	<b>It seems like newness in different forms can be a catalyst for procrastination Q2: Have you ever thought about the particular reason why you might be avoiding certain tasks? (I.e. anxiety about conflict, the tasks is unpleasant) What do you think might be that case for you?</b>
7cough9	I make a distinction between 'active avoidance' and 'absence of engagement'. lots of things are non starters if I havent yet started even thinking about them, but that is different to 'I wish this felt easier/clearer /more fun/safer than it currently feels'.
Snowie	I probably avoid them due to my anxiety. I let my emotions get the better of me and also negative thoughts

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Jupiter (PSW)	I think that the main reason to avoid tasks is because they are unpleasant or hard for me to do. I also think that when I know they are going to be time consuming then I put them off as well as I don't want to start the long task! I also find that if I am anxious about the task, I will rather dwell on it than actually do it.
Glisten	I now take the time to ask myself ,ÄÜWhat am I feeling?
Jynx (Moderator)	@7cough9 I think that's a really valuable distinction to make. Lack of engagement is often a huge one for me, aka ADHD brain means I need the last-minute panic to kick my dopamine in to actually do the task. But active avoidance is also something that appears, and is usually related to anxiety moreso than lack of interest. Thanks for sharing that, I'll pocket it for later.
Catz28	Fear of getting things wrong. Anxiety has me try to avoid things
7cough9	If there is some live conflict that could be put in terms of 'I should do this, but I wont/cant' then I guess it is most often about imagining I need to collect more information or understanding so I can make the best decision on the first try, and avoid costly mistakes . I am not sure I see that as procrastination usually
Glisten	@Jynx (Moderator) you don't have hyper-focus?
Jynx (Moderator)	Info-gathering can probably be considered as part of the process, so not really procrastinating. Like doing research for an essay before you start writing it.
TideisTurning (PSW)	<b>A few of these resonate for me, especially around anxiety &amp; length of time something might take Q3: On the other hand, what things do you feel most motivated to do?</b>
Catz28	Things that give me pleasure and enjoyment
Jynx (Moderator)	@Glisten I sure do - just not usually on things like filling out forms or replying to emails haha. Unless of course it's the last minute and I have the adrenaline of mild panic fuelling me. It's how I completed my uni degree - the last 12 hours before something was due, my hyperfocus was through the roof.
Jupiter (PSW)	I feel most motivated to do the things that I love and that I am passionate about. I am also motivated to do smaller tasks because I find that they are less overwhelming and that they will take less time to complete.

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Snowie	My motivation goes up and down depending on my mental health. I feel most motivated by doing little simple things that give me pleasure, such as reading a good book, doing something nice for myself.
Blackbird 11	I always feel motivated to encourage others. Motivated towards achievable goals too.
Glisten	I like cleaning and organising cupboard contents. It's relaxing.
TideisTurning (PSW)	Hi @Blackbird 11 :)
Jynx (Moderator)	Q3: Anything that is part of my special interests or that is an act of kindness for someone I care about
Blackbird 11	Hi @TideisTurning (PSW)
7cough9	q3 what do I feel motivated to do? ADHD brain is more easily engaged by novelty and by challenges like problem solving - hence 'gamifying' should be a good tool but I haven't found a reliable approach yet. things that keep me more focussed and persistent beyond the initial onramp probably count more as 'motivation ' or even 'committment'. in that field there are more abstract or personal factors. Did I declare in some public or private space that I would do this thing? I don't like being observed to be flaky. Is this part of a meaningful role where I can maintain or accrue respect for my contributions? that counts as a win. Is this a way to enjoy immersing myself in an experience, such as the 'flow state ' of dancing ? that is a precious and cherished state
Catz28	Depends on my mood and how I'm mentally feeling. If it's a low day only things that motivate are my cats. On good days can be variety of different things
TideisTurning (PSW)	<b>It makes sense that things that are enjoyable are more motivating! Q4: What do you find motivates you? (I.e. what helps you to get things done?)</b>
Blackbird 11	Having something to look forward to. Hope.
Snowie	having a sense of purpose, being able to achieve a goal
Jupiter (PSW)	Knowing how getting the task done will make me feel helps me to get it done because I know that a sense of accomplishment will be felt. Also if the task is for someone else or I have to get it done by a certain time frame then I am more motivated to actually do it.

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TideisTurning (PSW)	I like that @Blackbird 11 . A bright light at the end of the tunnel can be a big motivator for me :)
Glisten	Sense of accomplishment
Catz28	Timelines for things to be done by. Setting small achievable goals. Knowing I will feel better within myself once task is done
Jynx (Moderator)	Sometimes I do really need external accountability and structure, because I struggle to motivate internally. Having a deadline helps, as does concrete consequences (abstract consequences are more difficult to contend with). If no external structure is present, asking a friend to be my 'accountabilibuddy' helps - knowing someone will check in with me or sit with me while I do the not-fun thing for instance.
7cough9	my most reliable activation technique is music - queue up a Playlist of upbeat Mashups and I can slide easier into decision+ action mode rather than 'waiting til I feel like it' mode. The way I get over the initial hump a lot of the time is having a support person with me and commit to getting at least one or two of the harder or critical tasks started or finished in the time we are together E,g, phoning for a refund from a utility.
Glisten	Accountabilibuddy - I like that
Jynx (Moderator)	Music is essential to me being able to clean haha I feel you @7cough9
<b>TideisTurning (PSW)</b>	<b>Lots of awesome ideas here about motivating motivators. Q5: Why do these certain things motivate you?</b>
Catz28	Sense of achievement
Jupiter (PSW)	Because they will make me feel good and make others happy as well :)
Jynx (Moderator)	Because paying rego on time will save me a lot of grief in the long run
Snowie	because it feels like that I can actually accomplish something, that I don't let myself down
Jynx (Moderator)	(aka external consequences and dealines ensure I can do the thing!)
TideisTurning (PSW)	I like that idea of self-accountability @Snowie :)
Glisten	I equate living with happiness, so have to ask myself 'What do I need to live?'

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TideisTurning (PSW)	<b>The achievement of getting things done is very rewarding! Q6: How could you use those motivators to help overcome procrastination?</b>
Jupiter (PSW)	Next time I am procrastinating I could think of how the accomplishment would make me feel, and it might help to motivate me to start the task sooner, instead of dwelling on it.
7cough9	there are levels of meaning and personal needs that we can derive motivation from. Spanning from 'want to escape pain' to want to feel in control and potent ' to 'want to have peace of mind and less demands on me'
Jynx (Moderator)	I think I need to ask for more help. Just like, asking my friends to do more body-double/life admin days with me. Since I struggle to attend to things on my own, having a friend with me and setting a purpose to our time together could really help me in ensuring I'm getting stuff done.
TideisTurning (PSW)	That's a cool frame @7cough9 & great idea @Jynx (Moderator) :)
Catz28	Prioritise what is the most important thing to be done and thinking how good I will feel once it's completed. Knowing more me time for enjoyable things once other task is done
TideisTurning (PSW)	<b>From different ways of looking at or thinking about something to enlisting the help of others, there are a number of different ways to channel ours motivators into overcoming procrastination. Q7: What might be the benefits of being able to move with motivation?</b>
7cough9	no one's answering q6? is there a way to rephrase it? are others thinking 'if it was that easy I wouldn't be procradtinsting'
Snowie	q7. being able to set goals and accomplish them, make plans and keep them
Jupiter (PSW)	Getting more done and feeling better about it! When I get more done and I am more motivated then it helps me to feel better about myself as well, which creates a better cycle than if I keep pushing things away and don't get to them until later.
Blackbird 11	Achieving tasks Planning

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7cough9	Q7 I would be a different person if my life flowed from plans to decisions to actions. I would limit my clutter of projects and actually finish some, enough to learn and maybe profit from them. I would be able to respect and trust myself if I believed ,y promises counted. If I cared for my own needs for maintenance and growth I wouldn't feel like an imposter seeking out support from others or offering guidance to others.
Catz28	Setting goals and achieving them. This leading to feeling better within myself and encouraged to keep aiming toward positive things
Catz28	I make lists of things that need to be done (have for years), without doing lists I forget what needs to be done. As I finish an item I cross it off. Helps to keep me motivated plus can see what I've achieved
Snowie	to do lists are a great idea @Catz28 They certainly can keep us motvated.
TideisTurning (PSW)	<p><b>Here are some further resources we recommend having a look at:</b></p> <p><b>1 Motivation:</b> <a href="https://www.psychologytoday.com/au/basics/motivation">https://www.psychologytoday.com/au/basics/motivation</a></p> <p><b>2 The psychology of motivation:</b> <a href="https://www.youtube.com/watch?v=7sxpKhlbr0E">https://www.youtube.com/watch?v=7sxpKhlbr0E</a></p> <p><b>3 How to Keep Working When You're Just Not Feeling It</b> <a href="https://hbr.org/2018/11/how-to-keep-working-when-youre-just-not-feeling-it">https://hbr.org/2018/11/how-to-keep-working-when-youre-just-not-feeling-it</a></p>
Jynx (Moderator)	If it helps @7cough9 I try to remember the social model of disability - I have nothing intrinsically wrong with me, I am disabled by my environment. Not being able to attend to all the things I wish I could (ie my mountain of unfinished projects) is more to do with how many things demand energy from me, when my energy reserves are just lower/behave differently to others.
Jynx (Moderator)	From where I am sitting I see nothing about your support or guidance offered here that is fraudulent or coming from an imposter - I've highly valued your contributions, relate to a lot of what you're saying, and think that you have incredible insight that has already helped me, and will continue to help others as you continue to be you.
TideisTurning (PSW)	Another thing to remember is that we're not necessarily going to be motivated 100% of the time, and thatis 100% ok :)



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TideisTurning (PSW)	<b>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?</b>
Catz28	One saying I like 'it's ok not to be ok and some days are harder than others'
Snowie	i learnt that motivation can have such a positive effect on our lives and that it is ok if we find it hard to motivate ourselves.
Jynx (Moderator)	Understanding the drivers behind the procrastination is important - i.e. is it anxiety or is it disengagement. And also that we all have different ways of staying motivated and so it's super important to find what's right for you, to avoid feeling a sense of failure or feeling defective if others' motivational tools don't help.
Blackbird 11	We are highly motivated by achieving things and accountability of a list
Catz28	Being self accountable is important and other people can help to be motivated
Jynx (Moderator)	Yes @Catz28 always good to ask for help! We are social creatures by nature, we're not meant to do it alone.
TideisTurning (PSW)	<p><b>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 here:</b></p> <p><a href="https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Move-with-Motivation-Thursday-28th-September/m-p/1341937#M347768">https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Move-with-Motivation-Thursday-28th-September/m-p/1341937#M347768</a></p> <p><b>Keep an eye out for the next Peer Group Chat discussion about Social Media- To Engage, Or Not To Engage? 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!</b></p>
Dez	Thank you!
Jynx (Moderator)	Thanks so much for sharing everyone, been super valuable and constructive discussion tonight
Blackbird 11	Thank you

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Snowie	Thanks for tonight. Going to put my motivation on hold and head to bed!!
7cough9	thanks, bye
Glisten	So long
Catz28	I'm hoping to make next weeks peer group chat, is only couple days after I move and still trying to sort through internet issues
Jynx (Moderator)	Hope to see you there @Catz28 and the transcript is always there if you miss it!
Catz28	Thanks for tonight. Bye
TideisTurning (PSW)	Have a great night everyone :) Until next time!