

# SANE

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## Peer Group Chat

Date: 17.11.2022

**Title:** Navigating Toxic Positivity

**Description:** Toxic positivity is the belief that no matter how difficult or emotionally distressing a situation is, people should always remain positive. These approaches are often intended to make us feel better, but can in reality make us feel worse. In this group we'll discuss the impacts of toxic positivity, as well as how we can challenge it and respond constructively.

Amber22 (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 Navigating Toxic Positivity.
Amber22 (PSW)	Tonight, Peer Support Workers @amber22 and @girasole will be facilitating a discussion around the topic of Navigating Toxic Positivity. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to discuss our feelings around toxic positivity so that we can all learn from each other's experiences. 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 toxic ways of communicating in relation to positivity. @Basil 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

	<b>@Basil. We're looking forward to creating a space where we can reflect and learn more together about Navigating Toxic Positivity.</b>
<b>Amber22 (PSW)</b>	<b>Within this group tonight we'll be talking about: - How toxic positivity can show up in different ways - How to communicate positively in a healthy way - What toxic positivity may look like/ feel to others</b>
<b>Amber22 (PSW)</b>	<b>We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join 😊</b>
Jacques	hello ladies, gentlemen and gender neutral peoples :)
Girasole (Peer Worker)	Hi @Jacques ! Welcome, its great to see you :)
<b>Amber22 (PSW)</b>	<b>Welcome @Jacques !!</b>
<b>Amber22 (PSW)</b>	<b>Welcome everyone! Feel free to introduce yourselves. I'm @amber22!</b>
Jacques	hi @Amber22 (PSW) and @Girasole (Peer Worker) how are you this fine evening?
<b>Amber22 (PSW)</b>	<b>I'm doing well tonight thank you! How are you?</b>
Girasole (Peer Worker)	I'm happy to be here with everyone! :) Yes how about you?
Jacques	not many people on tonight :(
<b>Amber22 (PSW)</b>	<b>Let's get started! Hopefully more people will join us soon :)</b>
<b>Amber22 (PSW)</b>	<b>Q1: What do you understand toxic positivity to mean?</b>
Jacques	i am actually not quite sure, sounds like an oxymoron to me, i know what toxic relationships are.
Jacques	maybe when someone is over positive, or refuse to see any negativity in anything
Jacques	oh hey my virtual mum @Appleblossom !!!!!!!
<b>Amber22 (PSW)</b>	<b>Welcome @appleblossom! :)</b>
Jacques	if you cant type @Appleblossom you need to create a login
Girasole (Peer Worker)	Toxic positivity to me means ignoring or downplaying struggles that we might be having, to instead focus on some "positive" aspect instead.It's less about reflecting on strengths or genuinely helpful things when going through a difficult time - instead, it's often completely dismissive of the extent of our struggles, and

	ends up making someone feel not genuinely supported.
Jacques	hi @Shaz51
Girasole (Peer Worker)	Welcome @Shaz51 ! :)
<b>Amber22 (PSW)</b>	<b>Hey @Shaz51! :) </b>
<b>Amber22 (PSW)</b>	<b>Hey there @sammy3 !</b>
Girasole (Peer Worker)	Hi @sammy3 ! Welcome :)
Girasole (Peer Worker)	Welcome @the magician ! :)
<b>Amber22 (PSW)</b>	<b>Welcome! @themagician! :) </b>
the magician	hi people!
Jacques	oh ok @Girasole (Peer Worker) i have had that a lot from Psychologists, they feel my struggles are not serious and people make fun of me for not being able to leave my mum, stuff like that?
Jacques	hi @sammy3 and @the magician
Shaz51	Hey @Jacques , @Amber22 (PSW) , @Girasole (Peer Worker)
Appleblossom	Hey Jacques amber and shaz
sammy3	Hi!
Shaz51	Hello @Appleblossom xxxx
Girasole (Peer Worker)	That's awful you've experienced invalidation like that from some mental health professionals, @Jacques - I'm sorry to hear. We all deserve much better support than that
Appleblossom	I have had to deal with it a bit in a few ways. When people are so smiley and positive I feel like cringing inside.
the magician	for me its not validating or acknowledging that sometimes thing are crap and you have to feel that temporarily.
<b>Amber22 (PSW)</b>	<b>All such valid answers! For me I really struggle when people tell me to 'keep positive' when it is totally okay to be down sometimes, and to feel what I really want to feel.</b>
<b>Amber22 (PSW)</b>	<b>Moving onto our next question...</b>
<b>Amber22 (PSW)</b>	<b>Q2: How does toxic positivity make you feel or impact your experiences?</b>
Jacques	hmm toxic positivity has turned me off seeking help and trying to improve my situation, it also makes me go back into my shell and keep everything inside. i have been hurt so much over my lifetime im scared to share for fear of being hurt again.
Appleblossom	Hi @sammy3 @the magician also it can be when people cannot see the normal things in

	life that may not be positive but think that it should only be discussed with a counsellor. Eg Like a car accident. When people can only speak for 30 seconds about something serious and want to move on etc etc/
sammy3	I found phrases like "get guts" or "toughen up" or "don't quit" etc used in the wrong contexts and doesn't acknowledge mental health so much
Shaz51	Very true @Amber22 (PSW) , yes weather it is guilt or worry
Appleblossom	Figuring out the chat @Shaz51... at first I think I was a guest and it did not let me type.
the magician	not feeling comfortable discussing things through for fear that you will come across negative/anxious. even when its every day things.
<b>Amber22 (PSW)</b>	<b>Welcome @chibam !!</b>
chibam	Hi @Amber22 (PSW) ! Hi all!
Appleblossom	it limits what it feels alright to share. Once on a bushfire day someone wanted to change subject immediately.
<b>Amber22 (PSW)</b>	<b>I agree! @Appleblossom</b>
the magician	its one thing to be happy smiley friendly but another to be false about it
Girasole (Peer Worker)	Coming across toxic positivity not only invalidates my struggles, but also indicates to me that I can't really trust the person its coming from for meaningful support, so I probably wouldn't seek it out form them in the future. It can be really disappointing.
chibam	Q2: For me, it makes me feel like talking to the person is just pointless. So I visably go distant, then I get a bad wrap for having a bad attitude.
<b>Amber22 (PSW)</b>	<b>Sharing can be so hard to do sometimes, and having the courage to share should not be met with being invalidated!</b>
Appleblossom	@Girasole (Peer Worker) Yes some people are already well trained to downplay their struggles, and dismiss them more can have serious consequences.
Jacques	yes @Appleblossom it is like are you ok day, when you say you are not ok people don't know what to do or get uncomfortable, i guess it is a trait of society that everything has to be happy and cheery
Appleblossom	The whole thing about living with mother effect my son and @Jacques maybe even partly

	caused some of our issues as he was teased about it when he was quite young.
Shaz51	Me totally @Appleblossom , @Jacques
chibam	@Amber22 (PSW) but it's not just to do with having the personal strength to share, it's also got to do with the other person's willingness to genuinely listen and respond without judgement.
<b>Amber22 (PSW)</b>	<b>Completely agree @chibam</b>
the magician	a mental health first aider came up to me and asked if i was alright tightly gripping onto the traffic lights button anxiously,, and its like no you'll just make me worse- mind your own business.
chibam	Some people, you just know aren't worth bothering trying to talk to, cause you know you'll never get anywhere. With others, the effort is worth a shot, so you make it.
Girasole (Peer Worker)	@Jacques I was reflecting on why toxic positivity might exist, and I thought it probably came about from society typically not being 100% open about our emotions, struggles, and mental health. Many of us may not have been raised to be comfortable or skilled in having open, constructive conversations around struggles and heavier emotions. So - we might want to dismiss difficult conversations and try and talk our way into feeling good. As mental health understanding gradually improves, though, I hope and trust that meaningful support through tough times is something that people in society can get better at, with time
Shaz51	Right on @chibam
the magician	you learn indifferent groups how to navigate different responsive people. some people are not prejudiced against mental health just very uncomfortable.
<b>Amber22 (PSW)</b>	<b>Q3: What kinds of situations/environments are you most likely to experience someone being toxically positive?</b>
Girasole (Peer Worker)	I also wondered what the impact would be if there were no toxic positivity- the impacts on ourselves, our networks, our communities, and society. I think we would be much more emotionally healthy, with stronger communities and support. I really think we'd be more set up to thrive. I do think we can get there with time

Jacques	yes i agree @Girasole (Peer Worker) i grew up in a time where men don't cry, don't show emotions and don't ask for help. i know that is changing now, and we need to not only help the individual with mental health but help build the skills/tools for people wanting to support friends/family/strangers. i know AREYOUOK have starting that conversation now, helping people to support people who are not ok. it can be really dangerous with someone who has serious mental health issues.
chibam	I missed Q1 when it was being asked, but I really want to answer it: Q1: Toxic positivity is when something *can* be done to fix a problem, but an onlooker doesn't want to really help, so instead, they just press the sufferer to be happy/accepting of the problem.
chibam	Q3: IN THERAPY!!!
<b>Amber22 (PSW)</b>	<b>I experience toxic positivity a lot when I go to wellness groups, or in the gym. Positivity is such an important thing in those environments, but sometimes it can be taken too far. For example; some days I am really tired and don't feel great, and my trainers will try and hype me up and make me feel more positive, which is not healthy!</b>
the magician	workplace where there is a real problem, bulling etc and toxic positivity just reassures you saying the no longer want to hear sadness it will all be ok!
Jacques	the situations for me are mental health professionals, family, friends, parties (struggling to socialise), some mental health forums.
Appleblossom	It seems to have shrunken the conversations to only talking about overseas trips as something positive.
the magician	are you ok can be a good question from time to time but not when it turns into the magicians are you ok campaign.
Appleblossom	So sadly @Amber22 (PSW) it seems to be in many situations.
chibam	@the magician A lot of people think that campaign does more harm then good - myself included.
Shaz51	@Amber22 (PSW) , @Girasole (Peer Worker) , I am feeling like that with my mum in permanent residential age care and the family thinks I

	should look after her at home against doctors orders and I know no one will help me
Girasole (Peer Worker)	That's concerning to hear some people are experiencing this from people who are supposed to be professionally supporting our mental health :lf61e: I hope there's the possibility to consider an alternative support who's a genuinely good fit, as needed?
Girasole (Peer Worker)	If they haven't been open to feedback and change, that is
the magician	if you look at group dynamics same personality types happen everywhere so the similar problems arise. it can teach you about being assertive with toxic positivity.
chibam	@Girasole (Peer Worker) it goes right back to the very design of the system. Medicate & "talk about acceptance" instead of fixing the problems. The system has never been intended to do anything other then indoctrinate toxic positivity, so it doesn't.
<b>Amber22 (PSW)</b>	<b>Thank you for sharing all your answers everyone! Now that we are aware of where we might be subject to toxic positivity -</b>
<b>Amber22 (PSW)</b>	<b>Q4: How do you react to toxic positivity when you notice it in life? Or, how would you like to be able to respond?</b>
the magician	i feel you are not listening to me is an example.
Appleblossom	Getting assertive is my biggest learning at the moment. A lady recently said "thats a bit deep for me" and I retorted " I can see you are not deep" I was shocked at what I said but it was out of my mouth before I could stop it. Feeling I will continue to speak up for it now as in the past I had too much going on to waste effort or breath on stuff like that.
<b>Amber22 (PSW)</b>	<b>Yes definitely! @themagician</b>
<b>Amber22 (PSW)</b>	<b>It is great to work on being assertive @appleblossom, especially when it comes to how we truly feel, no one should tell us to be positive if its a genuine concern to us!</b>
the magician	noon can tell you how to feel.
the magician	*no one
Appleblossom	Learning to call it out in present time, rather than waiting and reflecting and not striking while the iron is hot
chibam	Q4: I'd love to be able to call a customer service dept. for life and say "Excuse me, but

	these people you've set me up with aren't a good fit for me. Can we talk about reassigning me to a new community?" When I had a Wifi router that was too weak to cover my house, the manufacturer couldn't have been more helpful in helping me find another model that worked better for my situation. Why can't life & communities be like that?
Shaz51	I usually think of something after the fact which makes it too late to say something
Jacques	i am not good at confrontation, so i usually walk away and never see that person again, i guess to respond, educate people on how to speak with people who have MH issues and if they don't feel comfortable then offer life line, sane, etc phone numbers, for professional support
the magician	in the place or time i agree call it out. is that something difficult for you?
Girasole (Peer Worker)	Sometimes I do challenge it, especially if it's someone I feel closer to, and I hope they can take on that feedback. Sometimes if it's someone I may not interact with again anyway, I don't feel as comfortable to speak up. But honestly, reflecting on the importance of being able to speak openly about mental health, and the need for individuals and communities to be supportive, I am feeling like it would be good for me to try and speak up as much as I can when I do notice this. I think the more we speak about it, the more we can try and help accelerate cultural change for the better... because ultimately, I do think being able to have genuinely supportive conversations like this can be life-saving stuff
Appleblossom	That instance I just described is probably first time I ever did say something. Not used to it at all.
sammy3	My friend from school said "this conversation is too deep. do you talk like this with everyone?" And I said "no, only with you coz you a close friend" but I didn't continue further because she essentially said she didn't want to talk about it. I really do keep most conversations to the MH space, and I also don't get to talk about emotional matters there, but more preventing illness (which is important, but would help to



	cover the emotional matters before they become a MH need)
Girasole (Peer Worker)	That's so amazing to have started @Appleblossom ! <3
chibam	There's a lot of talk here about calling people out or confronting them. But does anyone else worry about the ethics of upsetting others? I mean I hate it when others upset me; how can it be right to inflict that same ugliness upon others?
Shaz51	Yes I do @chibam
the magician	i pretty much keep my mental health hush hush except close supportive family and people I've met in a peer environment. it avoids a lot of hassle.
Appleblossom	A lot depends on situation @chibam Some people keep doing things that upset others and will not even realise they are hurting people
Appleblossom	It is one way to limit all talk to Mental Health field, but I think it is reducing the possible topics for open discussion in "normal" society. Sadness is not definitely a pathology Sometimes it is a pathology not to be able to feel sad or acknowledge the validity of sadness in others.
chibam	@Appleblossom Which sort of goes back to my original idea about needing to organize communities based on compatibility. Wouldn't it be great if everyone could say what they want to say, without harming anyone, because the people who don't want to hear it are all out of earshot.
<b>Amber22 (PSW)</b>	<b>Q5: How do you feel when toxic positivity is something you notice in yourself? How could you cope with this?</b>
Girasole (Peer Worker)	I personally don't think it's a bad thing to respectfully say to someone that something they did upset you; or to assert your own very valid needs, if they've been undermined. If someone takes issue to that, I think that says much more about them than it ever would about you
Appleblossom	Yep @chibam but often people overlap with each other in different ways and it is really hard to organise. A bit of tolerance and patience helps. I see it as partly due to marketing ...

Appleblossom	I can be overly positive in some situations and have annoyed my son that way...
Amber22 (PSW)	<b>I think that it can be worrying to let people know how you feel, but ultimately it is the truest thing you can do to yourself. Unfortunately if it upsets them then it really isn't all on you, because you were just voicing how you felt (which is completely viable).</b>
Shaz51	Ammm @Amber22 (PSW) , tricky , the look on their faces says it all and then I go ooops
Amber22 (PSW)	<b>I think that I can be a little bit overly positive (I like that term @Appleblossom !) when I am trying to get myself out of a funk. I think that sometimes I try and do it too prematurely, without letting myself feel how I truly feel for long enough.</b>
Amber22 (PSW)	<b>I definitely get where you are coming from @Shaz51 ! I have had to have a lot of practice, but it still is something I worry about every time I voice how I feel.</b>
chibam	Q5: You have no idea how much I wrestle with this. It goes to the fundamental question of what "toxic positivity" is, and how the definition varies from person-to-person. Others wouldn't like my positivity; I think it would upset them. So I just generally avoid speaking to others, so they don't have to suffer my offensive positivity.
Jacques	i have supported 2 people who where at serious risk of suicide, over time you learn what to say and how to speak to people in crysis, it is like everything a learned behaviour you learn over time. i have been frustrated sometimes with my aunt, but i do really try to be respectful to her.
Appleblossom	Yes it is very subjective or personal ...
Shaz51	Depends on the day and how we feel and also how they feel too @Amber22 (PSW)
the magician	if find it helps to active listen to a person. unfortunately at the dinner table 'likely to get a few looks if its not a supportive environment.
Girasole (Peer Worker)	It's tough, but I think I do an ok job of at least recognising what it is and where it has come from. That toxic positivity doesn't actually reflect the values that I have- its just been internalised from society. Recognising it I think

	is an essential first step to then be able to challenge it. It also helps to have the reassurance or support of others, where possible :1f60a:
chibam	Like, I aim to never be miserable about anything, ever. And to that end, I've used self-hypnosis extensively to get myself to feel happy whenever others try to make me sad. It doesn't work 100% of the time, but it does work sometimes. People generally don't react well when I laugh or smile when I'm "supposed to be sad."
Shaz51	Knowing the individual and how to respond to them individually @Jacques
the magician	thick skin. a protective wall in terms of being nonaffected.
Jacques	yes @Shaz51 you are absolutely right, everyone is unique and different techniques are needed.
sammy3	Would you say EQ in the sense of guessing what's wrong with someone who is angry and offering support positive for your own mental health, especially if you have an ongoing condition? I am curious coz I'd experience that think either - sometimes I offer unsolicited help, but sometimes I feel unhappy that this person is possibly letting out irritability/anger on to me
sammy3	Actually I think in general I have been asked by my doctors to avoid stress, so I think I just answered my own question there
<b>Amber22 (PSW)</b>	<b>Q6: How can we communicate positivity with others without becoming toxically positive?</b>
Shaz51	By not going overboard @Amber22 (PSW)
Appleblossom	In some ways I feel the word "toxic" is overused these days. I also have a problem with positive and negative polarities as I think emotions are far more nuanced. I guess we need to adjust and listen to others without throwing excitement or energy around.
chibam	Q6: No idea. Frankly, I don't get people - to the point where I've essentially given up trying to solve the mystery. All I ever wanted to do in life was make others happy. I just don't know how to do that. Better to just butt out.
Jacques	i think from what i have learned tonight help the person feel heard and offer positive, constructive suggestions on support/help. offer

	services that can help the person and help them feel they are not alone.
the magician	listening and being supportive but not over the top.
Amber22 (PSW)	<b>That is very sweet! @chibam You sound like you have such a pure heart, and just want to make people happy.</b>
Amber22 (PSW)	<b>I think my answer to the question would be to try and read how they are feeling, and if they want the positivity right now or not. Sometimes this can be hard, but it has helped me to not be too positive when others aren't in a mood to receive it/ are okay not feeling positive right now.</b>
the magician	sometimes people just need to be listened to and validated in what they want help sorting that out.
Amber22 (PSW)	<b>Yes @themagician, sometimes listening is the best thing to do!</b>
Shaz51	Very true @Amber22 (PSW) , reading the moods are very important
Jacques	great answer @the magician sometimes just listening really helps people.
chibam	Thanks, @Amber22 (PSW) . The world desperately needs more happiness. I always wanted to be part of the solution, but only ever ended up being part of the problem.
sammy3	I like that popular song by TS "Hey it's me, I am the problem" :D
the magician	at least you try @chibam persist
Amber22 (PSW)	<b>Q7: What qualities/characteristics might help us to notice and respond to toxic positivity in our interactions?</b>
Shaz51	Trying is all we can do @chibam , @the magician
Girasole (Peer Worker)	I think it's helpful question why we feel the want to say something positive in the first place – i.e. is it to be a gentle reminder of supports or strengths someone has, or that you care, in the midst of a challenging situation? Is it to push down the feelings being experienced just because it's uncomfortable , to try and make things more comfortable instead? Is it because it's what we want, or is it what the other person wants? I think it's always helpful to first focus on validating the struggles that someone is having. Like we've reflected here: listening. And if it is helpful to talk about hope, supports,

	strengths etc - perhaps doing that /after/ the person first knows that you actually hear and understand their struggles, the impact of that, and that you care. At least for me, I've found that to be more meaningful and impactful on the receiving end
Girasole (Peer Worker)	(whoops for the previous question)
Jacques	Q7 i guess trying to be strong enough to tell someone they are not helping and when to walk away if you are part of the problem.
the magician	being supportive and closed in our personal time and space for anything unwanted.
sammy3	Q7: being very assertive, because most people I have come across do not like healthy disagreement
Girasole (Peer Worker)	I can advocate for myself and others well when needed - it's always a rewarding feeling when I manage to be assertive
Girasole (Peer Worker)	something I'd love to get better at still
Shaz51	@Girasole (Peer Worker) , I love leaving suggestions and the other person does not reply , meaning they are thinking about what I said
<b>Amber22 (PSW)</b>	<b>I agree with being assertive (definitely still need to work on that one as well)</b>
the magician	calling it out not it will be alright
<b>Amber22 (PSW)</b>	<b>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>
the magician	that through calling it out listening and assertiveness you can slowly change and influence the direction of society. and people.
Jacques	yes, understanding how many of us have had not good experiences, and more training is required for mental health professionals and for the public in general.
<b>Amber22 (PSW)</b>	<b>I learnt that listening is the best way to go about things sometimes, and actively listening to someone is the greatest act you can do for them!</b>
Shaz51	That we are not alone in this and it is listening more
Girasole (Peer Worker)	I've learned that everyone will have different thoughts and feelings about positivity, that that its helpful to listen and respond to what is actually supportive for the person in question -

	which could look different from person to person, and across different occasions with the same person, too
the magician	take each situation and person on a one on one basis too.
Jacques	their is no one size fits all approach @Girasole (Peer Worker) i agree
Shaz51	That is it @Jacques
<b>Amber22 (PSW)</b>	<b>Tonight's topic may have brought up some heavy feelings as we talked about ways of communicating in regard to toxic positivity, and our own experiences with this. Would some self-care be helpful for you after we finish? If so, what might you do? 😊</b>
chibam	@the magician That's so hard to do, though. Like impractically hard. Every single person needing to be handled with a completely differant technique?
the magician	same technique just treat them as an individual@chibam
Jacques	it is more tweaking your approach for each person based on their feedback @chibam if that makes sense?
Jacques	for me, i will be using my worry beads, watching some tv with my beautiful partner and snuggling under a blanket
Shaz51	A nice cup of coffee and a catchup with everyone who has tagged me on the forum And happy birthday to our awesome @Amber22 (PSW)xxxxx
Jacques	OMG HAPPY BIRTHDAY @Amber22 (PSW) !!!!!!!!
chibam	Happy Birthday, @Amber22 (PSW) !:1f603:
<b>Amber22 (PSW)</b>	<b>Aw thank you!! Wouldn't have spent it any other way :)</b>
Jacques	i hope you have some cake and some friends to celebrate with :)
<b>Amber22 (PSW)</b>	<b>I will have a slice right after this to celebrate!! :)</b>
the magician	happy birthday lovely! and thanking everyone for tonight. looking forward to a good sleep and early morning.
<b>Amber22 (PSW)</b>	<b>Here are some further resources we recommend having a look at: 1 Toxic Positivity: The Reality of Suppressing Emotions</b> <a href="https://www.youtube.com/watch?v=-_6N9pnj5Ek">https://www.youtube.com/watch?v=-_6N9pnj5Ek</a> 2 The Dangers of Toxic Positivity, Part 1:

	<a href="https://brenebrown.com/podcast/brene-with-dr-susan-david-on-the-dangers-of-toxic-positivity-part-1-of-2">https://brenebrown.com/podcast/brene-with-dr-susan-david-on-the-dangers-of-toxic-positivity-part-1-of-2</a> Part 2: <a href="https://brenebrown.com/podcast/brene-with-dr-susan-david-on-the-dangers-of-toxic-positivity-part-2-of-2/">https://brenebrown.com/podcast/brene-with-dr-susan-david-on-the-dangers-of-toxic-positivity-part-2-of-2/</a> 3 Dealing with Negative Emotions Positively <a href="https://www.amahahealth.com/blog/dealing-with-negative-emotions-positively/">https://www.amahahealth.com/blog/dealing-with-negative-emotions-positively/</a>
Jacques	yes thank you everyone, i have really enjoyed tonight.
Amber22 (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 <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!
Amber22 (PSW)	Thank you everyone for joining and for the lovely birthday wishes! Have a restful night, and I hope to see you again next week :)
Girasole (Peer Worker)	Thank you so much everyone for being here and sharing your experiences :lf60a: We hope you enjoyed it! Take good care
Jacques	good night all :) hugs
chibam	@Amber22 (PSW) I'm guessing these thing will be winding up soon for the Xmas break?
Amber22 (PSW)	<b>The last one of the year will be on the 22nd of December! :)</b>
chibam	Oh wow. You guys keep going right to the last minute, eh? ;)
Amber22 (PSW)	<b>Haha thats it! We love them!</b>
chibam	Night, all!