

SANE AUSTRALIA

SANE Australia Mental Health Meet-Up

Date: 17/06/2021

Topic: Celebrating Success

Description: With a large focus on deficits and symptoms in mental health care today, it can be difficult to focus on our strengths and achievements. It can make a big difference to our wellbeing when we celebrate our wins, from the big to the small and everything between! Let's talk together to shine a spotlight on our successes and strengths!

HappyCastle(PSW)

Hi everyone! Welcome everyone to today's Peer Group Chat talking about celebrating our successes and strengths! First, we'd like to acknowledge the Traditional Custodians of the various lands we're 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. This always was and always will be Aboriginal land. This is a new peer support service we are trialling! Because of this, we really value your thoughts on how it goes, so we will send a link to a short survey at the end of this chat for you to complete. While this survey is optional, it is a chance to provide feedback for us to improve our services. In case you might need to leave part way through the event, you can access the survey here now: https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW

TideisTurning
(PSW)

Hi @adge

**HappyCastle
(PSW)**

We're looking forward to creating a space where we can reflect and learn together and expand our ideas of our strengths and successes. Lastly, just so you're aware, the transcript of this group will be made available for download afterwards on SANE's Peer Support website. We'll be starting the discussion shortly, and will just allow a bit more time for people to log on and join

adge

Hi @TideIsTurning

HappyCastle
(PSW)

Hi @adge nice to see you here!

adge

My Chat Screen just Froze, whilst trying to Type Hi @TideIsTurning - Hi @HappyCastle

adge

Thanks @HappyCastle (PSW)

adge

Wher is everyone - Come on peoples....

HappyCastle
(PSW)

Feel free to tag anyone on the forums you may think want to join. Don't worry, we will still have a great conversation even if it's a small group

TideIsTurning
(PSW)

Hi @shaz51 . Great to have you with us!

HappyCastle
(PSW)

Welcome everyone! Feel free to introduce yourselves. I'm @HappyCastle

Jynx (Moderator)

Small groups can be more fun ;)

adge

Yes I'm sure we will @HappyCastle (PSW)

adge

Hi @Shaz51

adge Yes you are right @Jynx - Small groups Are more Fun....

Shaz51 hello@adge @HappyCastle (PSW)@Jynx (Moderator)@TideisTurning (PSW)

HappyCastle (PSW) **Well, I might get started and if others come they can join in. What does success look like for you, in terms of something that you'd like to celebrate?**

adge Well for me - Making a new Connection (friendship etc) or renewing an old Meaningful Connection - Is the greatest form of success, or definately something to Celebrate

HappyCastle (PSW) I really like that @adge

adge Most other things seem Transient (less important) in comparison.

Shaz51 @HappyCastle (PSW)comes in many forms like success is getting things done,

adge Learning to Celebrate any (even small) Success - Is something that I need to Work a lot on.

adge I rarely Celebrate any of my Successes.

TideisTurning (PSW) For me, and I'm sure many, the first things that come to mind are big things. But, what I've learnt is that there are also smaller things to be celebrated. Figuring out a solution to a longer term problem, facing a fear, or some days, simply getting up!

adge Excellent @Shaz51 - I like that - Getting things done is a Success....

Jynx (Moderator) I think for me success can be big or it can be little, but I've definitely had to learn how to recognise the little ones in order to be able to celebrate

Shaz51 very true @TideisTurning (PSW), and also the little things add to big things to celebrate success

HappyCastle (PSW) The little things should absolutely be celebrated!

adge Being offered a Job Interview - For Youth Outreach (Street Work) position, last Monday - That was a Success.

Jynx (Moderator) Oh congrats Adge!

Shaz51 way to go @adge

TideisTurning (PSW) Definitely @adge!! Great work!!

**HappyCastle
(PSW)**

Touching slightly on what you mentioned earlier @adge, Is celebrating success something you tend to do much? Is it something you'd like to do more? Do you think it could be helpful to celebrate your wins more? What do you imagine the benefits could be?

adge

Thanks everyone - Don't know if I got the Job (yet) - but those positions don't come up often.

adge

Yes I definitely need to Celebrate any Successes or Wins more.

adge

The Benefits are Feeling more Motivated (or empowered) to tackle other things....

Shaz51

very true @adge

HappyCastle
(PSW)

Empowerment is a good one. I feel that too

adge

It's the Recognition of small Achievements (or new things) - That creates motivation to do more.

Jynx (Moderator)

I think it can be hard to celebrate wins sometimes, especially if there's other stuff going on that is drawing my focus. But I agree with you @adge that it can help re-energise me to tackle those other difficult things if I take the time to celebrate small wins along the way

HappyCastle
(PSW) Hey @The Hams, happy to see you here!

Shaz51 hello @The Hams

TideisTurning
(PSW) Welcome @The-Hams! We're talking about how often we celebrate successes. Feel free to jump in if you'd like :)

adge I will give an example (may seem Small or Insignificant) - I was so Excited at being issued a Pension Concession Card - That I immediatedly Registered on several Sites - For Discount off Council Land Rates, etc. I don't know how Long I will have Concession Card (if working again) - So I needed to make sure that I made some use of it.

adge Hi @The Hams

HappyCastle
(PSW) That's forward thinking @adge, I like it

Jynx (Moderator) That's totally a win @adge , especially if it makes your life easier

TideisTurning
(PSW) @Shaz51 , any thoughts you'd like to share?

The Hams Hey all - had trouble loggin in.

TideisTurning
(PSW) All good @The Hams :)

Jynx (Moderator) Glad to have you here now @The Hams , hope it wasn't too much of a headache!

adge Yes it's a Big Win for me - Council Refused any Discount off Land Rates (\$2000) for Low Income Health Care Card - Now they have to give me a Discount/ Rebate with Pension Concession Card

HappyCastle (PSW) **Definitely worth celebrating! Which leads me into my next question, how do you all celebrate your successes?**

adge Eat Chocolate?.... Really, just kidding....

TideisTurning (PSW) It depends on what the success is. The bigger it is, the more ,”obvious, a celebration there’s likely to be. But celebrations don,’t always have to be huge. Sometimes it’s as simple as squealing about it to my dog, doing a happy dance or giving myself a little cheer or pat on the back.

Shaz51 my wins were low income health care card and the carers pension

The Hams I usually celebrate success by going out for dinner with family - recently we did this to celebrate my new job. However, I also treat myself on occasions. Like today I finished uni semester with my last exam. I didn't like it, it wasn't made well, so i was a bit down because of that. but tomorrow and tonight I am planning what i will do to celebrate.

adge Very Good @Shaz51

Shaz51 ohhh @adge

The Hams Nice one @Shaz51 and @Adge !

HappyCastle (PSW) Worth celebrating @The Hams, studying can be a lot so it's great to hear you can plan for a celebration tomorrow

The Hams I find it hard to though at times - because of other things that go on in life. So it's important to balance it out.

The Hams easier said than done

Shaz51 celebrate with takeaways

TideisTurning (PSW) Absolutely @The Hams!

TideisTurning (PSW) Welcome @sophia1 !

The Hams hey sophia1 - good to see ya :)

Shaz51 hello @sophia1

HappyCastle (PSW) We received the next few questions in advance from someone in the community: ,”Hi, I find it very hard to celebrate any success as all I see are my failures. How does one change this?,”Can you relate to this? What do you think?

Shaz51 hello @Reach@teej

teej Hi @Shaz51 I finally got in .

TideisTurning
(PSW)

Something I've learned is that our failures, flaws, weaknesses or whatever else might not be our ,”best, parts so to speak are super duper obvious to us because we know exactly where to look, but not so much to other people, who may be more likely to see other things, strengths for example, that we struggle to recognise. I think it starts with recognising and acknowledging successes as just that, then going on to celebrating.

Kombibob

I celebrate by sharing my story about how wonderful my life is now, on the other side of depression.

The Hams

"Hi, I find it very hard to celebrate any success as all I see are my failures. How does one change this?" - I can relate to this. I see failures in myself. I guess I try my best to look at the counter arguments. It's a bit like an inner dialogue. I need to collect evidence to counter claims of failure. Another thing I try to do is to remind myself that I would not actively go looking for failures in other people and tell them - so I must not do that to myself.

Shaz51

to remind yourself of the wins you have done and to keep on keeping on

Reach

Hi Shaz, was reading from beginning-I feel welcome! Thank you!

The Hams

Hey @StuF good to see you

HappyCastle
(PSW)

"Another thing I try to do is to remind myself that I would not actively go looking for failures in other people and tell them - so I must not do that to myself. ", @The Hams that is such an incredible point to keep in mind

teej I struggle to celebrate my successes but find that sometimes on reflection either through talking to someone or just a realisation that I, 've come a way from where I was is enough to have a feeling of success.

Kombibob Healing the wounds of my childhood was the most powerful work I have ever done.

TideisTurning (PSW) @Kombibob that sounds like it's been a great success! :)

StuF Woohoo! I think I'm finally in! Now to figure out what's going on :)

Kombibob and now, my life is awesome for I create it that way and I look back on my 25 years of depression as a gift, for it was the pain of depression that drove me to find my own soul-utions.

HappyCastle (PSW) Our next community question, "With severe PTSD just surviving is my success. I have done my best not to give into dark thoughts. Is just surviving ok or should I aim to be thriving?"What do you think?

Jynx (Moderator) Welcome @StuF! If you want to catch up on everything properly we will post a transcript later :)

TideisTurning (PSW) ,”Just, surviving? I,’m not sure there is any ,”just, about it. Keeping going through experiences like PTSD, through any sort of hardship really, to my mind, is an achievement in itself! I feel like as you keep going, ,”thriving, is something that comes, though it may not always be recognisable.

adge Good Question @HappyCastle - I have Complex (Severe) PTSD Myself

adge I often feel that I am "Just Surviving" (Barely) - Thriving Would be Absolutely Wonderful....

StuF @Jynx (Moderator) Excellent! Thanks

The Hams I guess at times surviving is a form of thriving aye? If you are surviving a bad episode, this may as well be a form of thriving - being able to put up with what's going on isn't easy

Kombibob for many years I was stuck in the trap of my own intellect, trying to think my way out, I had to silence my mind and feel my way through by releasing all the trapped feelings from my childhood abuse, and my healing was not complete untill I was able to forgive my abusers.

HappyCastle (PSW) Totally @The Hams

The Hams Also too - learning to go easier on yourself is something that I have tried lately.. Realising it is another thing to just trying it. We don't get far when are a tyrant to ourselves I don't think

teej I think my life seems to be a mix. Some days it takes everything to get through (survive) and other days there is room to try to reach goals that are heading towards thriving.

Jynx (Moderator) I think part of the process is accepting that even when I'm feeling quite stable/could be considered as 'thriving', things may still become overwhelming and hit me hard, so slipping back into survival mode is a perfectly okay place to be

adge I would not know what a Bad Episode is - All of Life is Like that, most of the time.

HappyCastle (PSW) **,"I feel such a fraud whenever I have a success. I have refused invitations to award ceremonies because I don't think I deserve to be acknowledged. How do others deal with these feelings?,"What would you say?**

Shaz51 sooo very true @Jynx (Moderator)

StuF I might check the transcript later, thanks. Have a great discussion!

Kombibob I find being gratefull for the small things in life very rewarding.

Shaz51 ok @StuF

The Hams Sometimes it's important to distinguish between an award we deserve (truly) and something we think we deserve (when we don't). I guess we have to be wise about ourselves, our motivations and what we deserve. It's a hard ask that's for sure

HappyCastle
(PSW) It's a really hard space to be in and something I have felt in the past. But I agree with you @Kombibob, being grateful for the small things (small things can be HUGE things to celebrate)

Jynx (Moderator) Classic imposter syndrome - one thing that has really helped me with it is knowing I'm not alone with those feelings

Kombibob I lost my belief in me at about the age of four and did not recover it until I was about 50. Now, I AM 68 and going great! YAY!

Shaz51 like my husband has bipolar 2 and other diagnosis and he goes through stages when he is just surviving and then he leaps forward wanting to do more and then getting overwhelmed with it and has a setback , I love to help him more in this department

Kombibob it was then that I realised that I AM the only expert on My life.

HappyCastle
(PSW)

After reading all of your responses, I'm wondering, are there any qualities you have that you might not have considered as a strength, but actually could be considered a strength? For example, getting angry (context important) but this could reflect your values, care for other people, if a boundary is crossed etc. which shows you care. After reading all of your responses, I'm wondering, are there any qualities you have that you might not have considered as a strength, but actually could be considered a strength? For example, getting angry (context important) but this could reflect your values, care for other people, if a boundary is crossed etc. which shows you care.

Shaz51

very good point there @Kombibob

TideisTurning
(PSW)

This is a hard one!! I have a dear loved one who is an expert at ,”reframing,’- they seem to know just how to turn negatives into positives. One thing they,’ve pointed out to me is that my nervousness means that whatever it is I,’m nervous about is something that,’s important to me and that I care about whatever it is.

Kombibob

for me "Feelings are Healings", Listening to my heart brought me home to contentment.

The Hams

I think in the end we are the ones who know ourselves the most - not entirely of course - but i think it's important to be grounded in ourselves and why this may or may not define success. SMART goals are part of that. A friend told me recently too that doing a SWOT analysis is a good idea - Strengths, Weaknesses, Opportunities, Threats. It just enables us to open our minds to what we can focus on and such. Anyway I have to get going now - self care - bye all

Kombibob the feelings that you swallow may one day come back and choke you, hey?

Kombibob I love this one: " I had to go out of my mind, to come to my senses" XD

Kombibob for me, "The mind is always looking for answers, but the heart already knows".

HappyCastle (PSW) Thanks for your time and contributions @The Hams

TideisTurning (PSW) Thanks so much for being here @The Hams :)

teej Hmm that's pretty cool reframing @TideisTurning (PSW) . I think sometimes there are things that can be a strength on one day and really unhelpful on another day. I,'m thinking that sometimes being reminded that you,'ve made it through lots of tough times and will again is helpful and comforting but at other times it feels really disingenuous or invalidating.

HappyCastle (PSW) What are some of the qualities you have that are helpful for you in getting through day-to-day life?

Kombibob My favourite quality is my amazing and quirky sense of humour, thank you Spike Milligan!

adge Oh @Kombibob - Spike Milligan, Excellent!...

HappyCastle (PSW) Always a fan of an amazing and quirky sense of humour :)

adge The Goon Show....

**HappyCastle
(PSW)**

It's been wonderful hearing all of your stories and insights tonight. Have you learned anything helpful from others, experiences here tonight that you might be able to apply in your own life? If yes, what was it that you took away?

Kombibob

and now I AM Master and Commander of My Life, and I take full responsibility for this life that I DO create.

Kombibob

everyone is on their own hero's journey, hey?

Shaz51

my qualities is positive trait of " it will pass", to keep on keeping on , keep smiling

Kombibob

by sharing our stories we help each other to heal, hey?

Shaz51

my husband said " one day at a time "

HappyCastle
(PSW)

A big take away for me tonight was just to remember that success looks different on different days, sometimes even the smallest things are huge achievements and just as important as the big ones!

Jynx (Moderator)

I really like your idea @The Hams about reassuring yourself by thinking "If I wouldn't say this to a friend I shouldn't say it to myself" (or something like that)

**HappyCastle
(PSW)**

Even though we have been talking about celebrating success, tonight's topic may have brought up some uncomfortable feelings as we talked about the doubts we might have about ourselves and our achievements and strengths. Would some self-care be helpful for you after we finish? If so, what might you do?

Kombibob

My life is so simple now, I just listen to my body. When my body is tired, WE sleep, and when my body is awake, WE play! KISS Keep It Simple Sovereign, hey?

Shaz51

COFFEE TIME

Kombibob

yes please!

adge

Is that DeCaf? @Shaz51

Shaz51

yep @adge

Kombibob

bye for now, much love and courage to you all.

HappyCastle
(PSW)

I'm going to get ready to celebrate my birthday with chocolate cake!!!

adge

Wooo Happy Birthday @HappyCastle!

**HappyCastle
(PSW)**

We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat. As we're trialling this service, we'd love to hear any feedback you may have. It will only take a few minutes to complete. Please click this link: https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW Here are some further resources on strengths and successes you might like to have a look at: Survey of your strengths: <https://www.viacharacter.org/survey/account/register> What is Imposter Syndrome? <https://www.bialikbreakdown.com/articles/among-us-what-is-imposter-syndrome>

Jynx (Moderator)

Happy Birthday @HappyCastle (PSW) :birthday:

HappyCastle
(PSW)

Thanks @adge! Happy to have spent it here with you all

TideisTurning
(PSW)

Happy Birthday @HappyCastle (PSW) :)

teej

Happy Birthday @HappyCastle (PSW)

**HappyCastle
(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 a question for our next topic, which will be talking about procrastinating, and you can read the transcripts of all our previous topics too

adge

Mmm Chocolate Cake sounds like a Great idea @HappyCastle....

HappyCastle
(PSW)

Always a good idea!

HappyCastle
(PSW)

Thank you everyone for joining, appreciate your time and generosity in sharing. Go gently tonight!