

SANE AUSTRALIA

SANE Australia Online Peer Group Chat

Date: 09/09/2021

Topic: Gratitude

Description: It can be hard to stop and take note of appreciate the small things in life. Let's come together to reflect on positive experiences and share the things we're most thankful for.

Hi everyone! Welcome everyone to today's Peer Group Chat talking about gratitude! 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. This always was and always will be Aboriginal land. This is a new peer support service we are running! 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 Tonight, peer support workers @TideisTurning and @HappyCastle will be facilitating a discussion around the topic of gratitude. Whether you have lived experience of complex mental health issues, you care for someone who does, or both- anyone can benefit from thinking about gratitude. 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 could be heavy in nature as we may talk about our mental health struggles. @Basil, 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-faqs#what-if-i-am-having-a-tough-time-and-need-immediate-support>). If you can't find an answer to your question there, please message @Basil directly. We're looking forward to creating a space where we can reflect and learn together and expand our ideas of gratitude! Lastly, just so you're aware, the transcript of this group will be made available for download afterwards on SANE's Peer Support website.

Welcome everyone! We'll 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

:D

Hey @AussieRecharger

Ok, let's start the conversation for tonight! **Gratitude can take on different meanings for different people. What does gratitude mean for you?**

TideisTurning (PSW)

HappyCastle (PSW)

HappyCastle (PSW)

TideisTurning (PSW)

HappyCastle (PSW) Gratitude to me looks like keeping connected to the people I care about.

TideisTurning (PSW) I think of gratitude, in it's simplest form, as being thankful. That could mean literally saying thank you or taking time to appreciate the little things for example.

HappyCastle (PSW) Hey @RedHorse, welcome!

HappyCastle (PSW) Taking the time to appreciate the small things is important...I forget to do that too often I think

Peri I try to be thankful for the people who make my life meaningful and who love me

TideisTurning (PSW) That's wonderful @Peri!
:)

TideisTurning (PSW) **One thing gratitude can mean is taking time to consciously appreciate the little positive things. If you're someone who has engaged in some form of gratitude, what's that been like for you? Or, if you haven't engaged in gratitude practice before, what do you imagine the benefits of engaging in gratitude might be?**

HappyCastle (PSW) When I'm feeling overwhelmed I try to think of the positive things I have in my life, I focus on those things and it helps me

HappyCastle (PSW) I've heard about people using a gratitude journal
TideisTurning (PSW)

I find that taking a moment, even if it is only a moment, to think about the little things can be incredibly helpful. It certainly helps promote more positivity and good vibes!

Peri

TideisTurning (PSW)

Being thankful contributes to positive thoughts. I struggle with positivity
Positivity can certainly take persistence @Peri

HappyCastle (PSW)

I find I am the same @Peri. How do you go about focusing on the positive things?

Peri

HappyCastle (PSW)

HappyCastle (PSW)

Yes, several years ago I lost my career, ended up losing my home and was left with very little when I had worked hard to have a good retirement. Now I am at last able to be grateful that I was able to buy a home , and after three years here I am coming to terms with it all and learning contentment with what I have.

That's an incredible achievement
@Peri. Thank you for sharing with us!

Good evening @Shaz51

Peri

Focussing on the positive? Well I start by finding one thing that brightens my day. It doesn't have to be massive or special. My little dogs, or a painting or the sunshine It doesn't always work but I keep trying.

Shaz51

Hello @Peri pm

HappyCastle (PSW)

Dogs are the best for that, aren't they?

Shaz51

Hello @HappyCastle (PSW), I am on my mobile phone

So, if you had to name just one thing (more if you'd really like to), and it doesn't matter how tiny it seems, what are you grateful for today?

TideisTurning (PSW)

Hi Shaz51, how nice to see you here, for that I am grateful. And see it as a positive in my day

Peri

I'm grateful for the turn of season - all of the apple trees are blooming and it fills me with positivity

HappyCastle (PSW)

Without a doubt, my loved ones. Also the people I am fortunate enough to have the privilege of working with every day, both colleagues like the amazing @HappyCastle and those I have the honour of supporting and interacting with in my work!

TideisTurning (PSW)

Grateful to see you my friend @Peri

Shaz51

Having no debt , grateful for the start of spring

Shaz51

I'm in WA, so it is not the Appleblossom, but the Golden Wattles are everywhere, and although I get hay fever from them. They are indeed beautiful and bright and next to the purple Geraldton Wax they look wonderful

Peri

Yes @Peri!! The wattle is amazing at the moment

HappyCastle (PSW)

Orchids are coming out up here and the dove orchids which means rain is coming

Shaz51

I think we are all here very grateful to be surrounded by nature!

HappyCastle (PSW)

Gratitude can also be looking back on little things, like an experience or a small gesture, that may turn out to be a bit bigger than you'd originally thought looking back. What are you grateful for, looking back on it?

TideisTurning (PSW)

Great question. Strangers kindness. On some days, a smile can change everything

HappyCastle (PSW)

It is a great question. I am grateful to people who have made me laugh

Peri

Hi @Emelia8, it's nice to see you here :)

HappyCastle (PSW)

Yes a kind word and gestures help

Shaz51

How does reflecting on those positive experiences make you feel now?

TideisTurning (PSW)

Thanks @HappyCastle (PSW)

Emelia8

Warm. It makes me smile actually. This talk of laughter and trees! I'm grateful for that

HappyCastle (PSW)

Positive for one! It also makes me smile and brings me warmth to remember some of the experiences I've had that I'm most grateful for. Something I often marvel at is how some experiences that have been awful at the time have ended up leading to some really great things.

TideisTurning (PSW)

And now a question inspired by someone in our wonderful community; **Sometimes, gratitude can arise out of the absence of someone or something. Does anyone have any thoughts to share on why that might be?**

TideisTurning (PSW)

Shaz51
TideisTurning (PSW)
Very true @TideisTurning
(PSW)
I feel like for me, the absence of someone or something gives me something to compare their presence to, and from that, I think, the absence highlights for me the difference the presence makes.

Shaz51
Emelia8
HappyCastle (PSW)
Hello @Emelia8
@Shaz51 😊
Interesting question and wonderful response. I think the absence makes me realise or remember why I was grateful for it to begin with

Meggle
HappyCastle (PSW)
Hi guys just saw this was on
Hey @Meggle. Welcome
:)

Peri
I am thankful that Emelia8 has felt up to dropping in and think about this

Meggle
HappyCastle (PSW)
I am grateful to have the care and support of a wonderful psychologist who is dedicated to helping people especially those with a trauma background
That's wonderful @Meggle I am so happy that you have found that!

Emelia8
Sorry, need to go. Just nothing positive in my life right now. Very little to be grateful for. Absence of lost people still too fresh and painful to bring anything positive to mind. Sorry for being such a sadsack. You dont need me here, so I shall go.

Meggle
I think the absence of feelings such as joy and happiness makes you grateful for those rare moments when you do happen to feel those things

@Emelia8 please don't apologise for being where you are right now and doing what you need to do for you. Thank you for coming and please go gently. We are grateful for you!

HappyCastle (PSW)

Love to you emelia8, I am still glad you dropped in

Peri

It's ok @Emelia8. Please know you are more than welcome here whenever you'd like to join us. Take good care of yourself!

TideisTurning (PSW)

Love you @Emelia8

Meggle

Thank you @TideisTurning (PSW) @HappyCastle (PSW) @Peri @Meggle @Shaz51 I am grateful for you all. 💕

Emelia8

If you were to try to incorporate gratitude regularly into your life, what do you think that might look like for you?

TideisTurning (PSW)

I think perhaps trying to focus on what I was grateful for that day as I wind down for sleep

HappyCastle (PSW)

Maybe a gratitude journal where I try and write something I was grateful for each day

Meggle

That sounds like a wonderful way to end the day @HappyCastle (PSW) :)

TideisTurning (PSW)

I would rather think about what I might be grateful for tomorrow

Peri

HappyCastle (PSW) That's great Peri. Any reason in particular for doing it that way around?\

Peri Well I think it is better for me to be future focussed. I can't change today, or what I did or how I felt, but I can influence how tomorrow may be
HappyCastle (PSW) And @Meggle I've heard so many good things about gratitude journals

HappyCastle (PSW) That's beautiful, thank you for sharing
Meggle That could work too- it would be interesting to compare results

TideisTurning (PSW) **Have you ever thought about sharing gratitude with someone else? What could that look like?**

TideisTurning (PSW) @Meggle I think you might be on to something with comparing results!

Peri Journaling can be very helpful and keep you focused on what you are trying to achieve

HappyCastle (PSW) I think sharing with someone close whom I trust would be a good experience, it would give me joy to hear what they are grateful for too

TideisTurning (PSW) Something I really like to do, possibly one of my favourite things is telling people when I'm grateful for them and why, whether there's been something specific they've done or I'm just generally grateful for them and their existence.
Meggle

I don't know I have had trouble being grateful lately- I have been merely existing and not really living. But I guess I could just be grateful for little things. Like the sunshine or a pretty flower

@Meggle it can be hard sometimes, that's for sure.

HappyCastle (PSW)

@Meggle those are wonderful

things to be grateful for!

When I'm really struggling, I like to try think of things that I connect to. So for example, the warmth of a cup of tea.

TideisTurning (PSW)

HappyCastle (PSW)

TideisTurning (PSW)

Grounding is so good!

Meggle

I think gratitude is actually a choice

Shaz51

Warmth of a cuppa, our furbabies, favorite music

Peri

It can be very difficult and sometimes seems too trivial to be grateful for things that are just there

Meggle

Somedays I am grateful to be alive other days not so much

HappyCastle (PSW)

I can relate to that @Meggle. I'm grateful you're here with us tonight and sharing your thoughts and insights :)

Peri

I understand Meggle

Shaz51

Very understandable @Peri and sometimes hard to remember those little things

I think we take every day things for granted and forget to be grateful for them @Peri

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? 😊

Until someone will say you have this or you have that

I've learnt that I share the same feelings with others, that sometimes it's harder than others but there is always something I can find to be grateful for

I liked Peri's idea of being future focused and thinking about what I might be grateful for tomorrow

I have enjoyed this discussion and am thankful for the people who have contributed

Tonight's topic could have brought up some uncomfortable feelings as we talked about struggling to find gratitude. Would some self-care be helpful for you after we finish? If so, what might you do? 😊

Strawberry crumble and something fun to watch for me!

Hot chocolate

Ha ha a cuppa

Peri I'd like a glass of red
Shaz51 A glass of white @Peri for me

HappyCastle (PSW) I'll go for the accompanying cheese platter thanks

Meggle Actually right now I am working on a list of distractions and techniques to help me when I have difficult emotions so I will keep working on that and then use it if necessary

Shaz51 Ohhh yesssssss
HappyCastle (PSW) @HappyCastle (PSW)
That's great @Meggle, best kind of self-care :)

TideisTurning (PSW) That sounds amazing @Meggle!

TideisTurning (PSW) [We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat- 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](https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW)

Meggle Thanks for the chat
Meggle I do know that peeps find this format hard to access

HappyCastle (PSW) Thanks @Meggle, appreciate you being here with us. Go gently!

TideisTurning (PSW) Here are some further resources on gratitude you might like to have a look at:
<https://positivepsychology.com/neuroscience-of-gratitude/#:%7E:text=When%20we%20express%20gratitude%20and,feel%20happy%20from%20the%20inside>
<https://positivepsychology.com/benefits-of-gratitude/> https://www.huffpost.com/entry/gratitude-game_b_897640

Meggle Thanks @happycastle
Peri

Thank you every one

@Peri thank you for being here with us
and for sharing, it's been a pleasure!

Thanks peeps- see you round the
forums maybe? I am currently lying a bit
low

[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 dealing with upsetting news content, and you can read the transcripts of all our previous topics too 😊](https://www.sane.org/peer-support/peer-group-chat)

Thanks @Shaz51. Always great to have
you here and for all you bring to these
spaces

Goodnight everyone xxx
We're just about to close the room now.
Have a good night all and take care
Night all!

HappyCastle (PSW)

Meggle

TideisTurning (PSW)

HappyCastle (PSW)

Meggle

TideisTurning (PSW)

HappyCastle (PSW)