

SANE AUSTRALIA

SANE Australia Online Peer Group Chat

Date: 04/11/2021

Title: Developing A Growth Mindset

Description: It can be helpful for us to develop a growth mindset (i.e., understanding our abilities as being capable of growth, learning, and improvement) as opposed to having a fixed mindset (where we see our abilities as fixed/"just how we are"). A growth mindset can be applied generally to abilities in life (e.g. hobbies, work, study, skills), but also to how we see ourselves as capable of coping and recovery. Join this conversation to reflect on how we can develop our growth mindsets, and with that, how we can imagine ourselves as capable of more than we are now.

TideisTurning
(PSW)

Welcome @cogswhirl :) We'll be starting soon

TideisTurning
(PSW)

Hi everyone! Welcome everyone to today's Peer Group Chat talking about caring for yourself while caring for someone else. 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 @PeriwinklePixie will be facilitating a discussion around the topic of looking after our mental health when caring for someone else. Whether you have lived experience of complex mental health issues, you care for someone who does, or both- anyone can benefit from thinking about how we look after ourselves when we are also taking care of others. 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. @Pisces_1, 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 @Pisces_1 directly. We're looking forward to creating a space where we can reflect and learn together and expand our ideas of how we can look after ourselves, managing the balance between caring for ourselves and others! 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

TideisTurning
(PSW)
TideisTurning
(PSW)

Hi @Eth

Eth

Hi @TideisTurning (PSW) I haven't been around recently due to life being hectic over mental health month but this looks like a great topic.

TideisTurning
(PSW)
Eth

No worries @Eth Happy to have you with us :)

Just read the introduction - is this discussion for people who are caring for someone else or for anyone with lived experience of mental illhealth to talk about developing a growth mindset? @TideisTurning (PSW)

periwinklepixie (PSW) Good pick up @Eth ! We must have made a teensy mistake when copy and pasting. :P it s the growth mindset one. :)

TideisTurning (PSW) **To start us off: Have you heard of the concept of a growth mindset before? What is your idea of what a growth mindset might be?**

Eth I haven't heard this exact expression before but I like it. I'm guessing it's a new catch phrase that's about being on a journey of recovery.

periwinklepixie (PSW) I personally learned a bit about growth mindset at University but it was all about peak performance (I studied Sport Psychology) and less about how it could help us in our daily lives. But I think there is a lot of potential there. Keen to hear others thoughts!

Eth Of actively working towards goals and dreams

periwinklepixie (PSW) Love that @Eth!

mrnobody2021 (PSW) Its actually the first time I've heard of the term before and I'm really interested to learn more :D

RiverSeal (PSW) Would you say it's like a positive way of thinking outside your box?

TideisTurning (PSW) **What are some challenges to fostering a growth mindset?**

Eth All the usual important things like being well enough physically (diet, sleep etc), mentally and spiritually to have the capacity to focus on positive steps we can take towards goals.

pisces_1 (Moderator) Hi @pinklollipop15

RiverSeal (PSW) For me I can sometimes find the thought of change a bit challenging. But I guess that's the idea of fostering a growth mindset!

pinklollipop15 hi

Eth biological and social factors

BPDSurvivor Hello everyone!

periwinklepixie (PSW) For me, a lot of my core beliefs come from a place of trauma. So unlearning those isn't super simple as just changing a few words or flicking a switch, if that makes sense. Which can make it hard to develop a growth mindset as I often default to what comes most natural.

pinklollipop15 feeling overwhelmed or stuck

BPDSurvivor Challenges to fostering a growth mindset is not understanding the importance of it, and the brain changes it can facilitate

periwinklepixie (PSW) I am like loving all of these responses so hard a react doesn't feel like enough!

Eth I totally agree @periwinklepixie (PSW) that's a challenge for me too.

periwinklepixie (PSW) I feel like it can be so tricky sometimes knowing that something would help us but taking the next step to put it into action, if that makes sense

Eth working out what the next step even is!

Dimity1 It's like a failure of imagination when ur used to being in the moment yet traumatised by the past.

RiverSeal (PSW) @Eth sometimes taking a step opens up your next option to consider would you say?

TideisTurning (PSW) **A fixed mindset is often thought of as the opposite of a growth mindset. What might a fixed mindset look like for you?**

Eth I guess a growth mindset would include just having a commitment to even trying to work out steps to take. I went many years swamped by mh and even developing goals was a major challenge, but it's easier now

BPDSurvivor I'm just wondering how many people have even heard of Growth Mindset in the first place. Can't use a growth mindset if we don't know what it is

periwinklepixie (PSW) I relate to this a lot @Dimity1 !

pinklollipop15
periwinklepixie (PSW) fixed mindset is where you believe things about you cannot change ie your behaviours, attitudes or mindset

We have chatted a bit already @BPDSurvivor but will be exploring the differences between fixed and growth mindset throughout the chat. You're so right though, knowledge is power as they say!

Eth I'm not sure I actually like the 'fixed mindset' terminology - it feels like that's a matter of choice and for a lot of us it's not, esp with extensive trauma histories.

BPDSurvivor I guess a fixed mindset looks at not needing to find ways to improve. e.g. 'I'm never going to get better, I'm the best at this...

periwinklepixie (PSW) Such great points. I struggle with the word 'fixed' too. Feels a bit like put down. Personally, I can get caught up in ideas about who I should be or where I should be at life for someone my age. I also can sometimes think 'things will never get better' or 'I will always feel like this' when I'm in a hard place.

RiverSeal (PSW) @BPDSurvivor For me I realise I actually already use some MH recovery techniques when I get introduced to them. Have you ever felt like that?

Dimity1 Maybe fixed isn't quite the right word it's the opposite of openness and flexibility
BPDSurvivor Most definitely @RiverSeal. Yet having a name makes it seem more... evidence-based?

RiverSeal (PSW) I know I had a fixed mindset when my MH came to the forefront for me.

BPDSurvivor I felt I had to train myself to be able to move from having a fixed mindset to a growth mindset.
mrnobody2021 (PSW)

Absolutely, same here
@RiverSeal (PSW)

BPDSurvivor
But I could only do this once I
understood what it was

**TideisTurning
(PSW)** **There may be times when a fixed mindset might be more useful than
a growth mindset. What do you imagine such a situation might be?**

BPDSurvivor
So I actually had to do a lot of self study and
research into Carol Dweck work around Mindset

RiverSeal (PSW)
@BPDSurvivor Yes! A name to something makes all the
difference I believe! Evidence based is a perfect example.

LittleSteps (PSW)
Sometimes having a fixed mindset can be a way to acknowledge that
what you're going through might be really hard - and that's okay

BPDSurvivor
That's a unique question @TideisTurning....
i've never thought of it that way

**periwinklepixie
(PSW)**
I think sometimes recognising our limits can be really useful. For example, I live with disability due to my mental illness and
neurodivergence. So sometimes recognising that there are things about me I will likely always struggle with and I don't have to change
can be a relief and empowering, in a way.

Eth
I guess to me having a fixed mindset might be useful with things like having a daily routine, getting exercise, eating healthily etc. But when
I think about it I think it's probably something more fluid than just either fixed or growth mindset - we might be fixed about some things
and more towards growth about others.

**mrnobody2021
(PSW)**
Well said @Eth

pinklollipop15 fixed mindset might be more useful than a growth mindset to get things done in have stability in your life.. if you're always thinking to change things it could get tricky if you moving fast

RiverSeal (PSW) @Eth That's very true that a fix mindset has it's place in life. Kinda Ying and Yang!

periwinklepixie (PSW) This is such an important discussion because I think sometimes we can think we always have to be in a state of growth but sometimes being where we are is okay too.

double thumbs up to that

Eth
BPDSurvivor @periwinklepixie (PSW)
Very interesting

mrnobody2021 (PSW) Welcome @frog :D
Renewing our intentions is opening to the future too

Dimity1

RiverSeal (PSW) @Dimity1 It's like taking your vows in life again whatever they might be!

TideisTurning (PSW) Was there a key (a-ha!) moment that inspired you toward growth and a growth mindset?

BPDSurvivor I had to teach it! Then I understood it...

pinklollipop15 I studied it and it made sense to me and started my own business where you have to have a growth mindset

Eth Yes @TideisTurning (PSW) I had a mentor from the local disability alliance and one day she asked me what my dreams are ... I'd been working hard to definite goals for NDIS and hadn't realised for years that it was still possible for me to actually dream - what life would be like with no obstacles of any sort at all

periwinklepixie (PSW) Wow! We have a lot of pros in the room. :P

periwinklepixie (PSW) My journey with growth mindset is a bit different...

periwinklepixie (PSW) I was a majorly self-destructive person for much of my life. I didn't care about myself enough to change. But I did love someone else very deeply. When that person gave me an ultimatum to either work on myself or they were leaving – well let's just say it was the push I needed....That was about 6 years ago and we got married this year!

RiverSeal (PSW) My mental health drove me to adopt a growth mindset in order to find a path to recovery.

BPDSurvivor Great to hear @Riverseal

RiverSeal (PSW) Thanks @BPDSurvivor

BPDSurvivor I believe my psychologist did a lot of the work too. Without using the term 'growth mindset', he empowered and enabled me to grow as a person by making simple changes to my thinking

RiverSeal (PSW) Sometimes the one thing that helps has many faces that you just don't see until you really open yourself up to change.

TideisTurning (PSW)

**What might support the development of a growth mindset?
Something like being kind or compassionate toward yourself for
example.**

pinklollipop15

development of a growth mindset when there's setbacks realising that its a part of the journey and going easy on yourself and others. Allowing yourself to realise its ok to try again tomorrow. Being reflective on your self in a loving way.

RiverSeal (PSW)

@TideisTurning (PSW) Like combining a growth mindset with self-care would be really powerful!

Eth

learning to have boundaries in some relationships has helped - and doing a DBT course for the last 4 months has given me a lot more skills in distress tolerance, emotional regulation and interpersonal relationships - but overall I'd say kindness - to ourselves and from others

periwinklepixie (PSW)

DBT is a real game changer
@Eth!

TideisTurning (PSW)

That would be amazing
@RiverSeal (PSW)!

mrnobody2021 (PSW)

Great points @Eth boundaries are so important

periwinklepixie (PSW)

I also think self-compassion is super important. My Psychologist often calls me out on 'trying to be perfect at recovery' haha! So I think it's important to remember when we come across a new approach or something that we love that it takes time to build up a skill and sometimes the 'missteps' we make along the way are just as important as the successes.

RiverSeal (PSW)

@pinklollipop15 So true! You don't have to achieve everything the first time around.

BPDSurvivor

Having people around you who have a growth mindset also helps

Eth
TideisTurning
(PSW)

I definitely find encouragement much more likely to work for me than being judged and told what I "Should" do

Yes @Eth!

periwinklepixie
(PSW)

So true! Having supportive people around us is so important. I also can't stand being 'shoulded' hhaa

TideisTurning
(PSW)

Imagine a friend has come to you with negative feedback about not feeling heard or understood. How could you approach this kind of situation with a growth mindset?

periwinklepixie
(PSW)

ooh a scenario! :P

Eth

reflective listening

RiverSeal (PSW)

I think sometimes people don't know how to react so they don't say or do anything which can make you feel unheard.

periwinklepixie
(PSW)

I think a fixed mindset in this situation would look like jumping to thinking that I'm a bad friend. i would listen to their concerns and

pinklollipop15

allow them to feel heard

periwinklepixie
(PSW)

I think being curious and asking my friend how I can be more supportive next time. So it's like a learning opportunity.

BPDSurvivor

Could you perhaps share experiences when you thought you weren't being heard, but in reality, it was quite the opposite?

pinklollipop15

and if it was about me I would apologise and say i didn't realise and reflect on it later

periwinklepixie (PSW)

I think friendships are such an important place we can practice our skills in a safe way.

RiverSeal (PSW)

@pinklollipop15 Reflection in itself is a way of fostering a growth mindset. Something that I do a lot of in my recovery.

TideisTurning (PSW)

How do you imagine adding the word 'yet' to a negative sounding statement could change your view of it? So for example, instead of 'I can't play guitar', saying 'I can't play guitar yet'

Eth
mrnobody2021 (PSW)

I do this often @TideisTurning (PSW) .

I think that could be a game changer :O

Eth

I'm heading off now. Thanks for the discussion everyone. Food for thought.

periwinklepixie (PSW)

I use 'yet' all the time! When I catch myself saying 'I'm not good at ukulele (which I'm trying to learn)' adding on a 'yet' so it becomes 'I'm not good at ukulele yet' makes me feel a lot better about it.

periwinklepixie (PSW)

So long @Eth! Thanks for a great chat! :)

mrnobody2021
(PSW)

Have a great night @Eth :)

TideisTurning
(PSW)

Great to have you with us @Eth!
Thanks for being here. Take care :)

Eth
RiverSeal (PSW)

If the discussion is continued in a thread on
the forums please tag me. Nite nite all.
@Eth Nite

pinklollipop15

goodnight

pinklollipop15

saying yet gives you a sense of hope and
encouragement to develop the skill in the future..

BPDSurvivor

I think adding the word 'yet' is so
powerful.

TideisTurning
(PSW)

**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? 😊**

RiverSeal (PSW)

Adding yet is not going to be possible all the time and that's ok
too. Some things can be worked towards in your own time.

mrnobody2021
(PSW)

I think the power of yet is something I'll
be using going forward

BPDSurvivor

I found it very interesting that sometimes it is not so good to have a
growth mindset. That it is ok to have a fixed mindset sometimes

mrnobody202

Absolutely @BPDSurvivor

1 (PSW)

BPDSurvivor

I will definitely look into that

RiverSeal (PSW)

@BPDSurvivor Using it to your advantage when it suits you or the situation!

periwinklepixie (PSW)

I have learned a lot about different ways to approach being patient and kind to self when working towards a growth mindset. it's tough sometimes but I am inspired to work on it! :)

LittleSteps (PSW)

I learnt more what a growth mindset is - but also the validity of a fixed mindset at times. This experience of acknowledging the positives of both mindsets has opened my eyes to not thinking in polarities in regard to what's going on in my mind. :)

TideisTurning (PSW)

Tonight's topic could have brought up some uncomfortable feelings as we talked about struggles with fostering a growth mindset. Would some self-care be helpful for you after we finish? If so, what might you do? 😊

BPDSurvivor

I'm thinking of reading and chilling out

pinklollipop15

ill be doing a meditation before I sleep tonight as usual but after home and away. I do not feel triggered and have enjoyed the chat!

BPDSurvivor

Thank you for tonight everyone :)

RiverSeal (PSW)

LittleSteps (PSW)

I learned that together we can come up with great thoughts and help each other by sharing ideas and experiences. I think for self care I'll do some meditation to wind down from a busy day.

I think I'm going to have an early night for tonight as a form of self care!

mrnobody2021
(PSW)

Its tea and a good book for me :)

periwinklepixie
(PSW)

I'm thinking some netflix with my cat then an early night! :)

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. The survey will only take a few minutes to complete. Please click this link: https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW

TideisTurning
(PSW)

Here are some resources on developing a growth mindset you might like to have a look at: On Growth mindset & neuroplasticity https://www.youtube.com/watch?v=MzoCO20rqZg&list=PL9vWizfc_YIMweNVvw52IlvpLsSZHv_S2&index=7 <https://matterap.com/how-to-develop-a-growth-mindset-10-strategies-to-success>

pinklollipop15

thankyou

TideisTurning
(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 newsletter at <https://www.sane.org/peer-support/peer-support/peer-group-chat>. You can also ask a question for our next topic, which will be talking about Negativity Bias and you can read the transcripts of all our previous chats at <https://www.sane.org/peer-support/peer-support/peer-group-chat>

pinklollipop15

TideisTurning
(PSW)

We're going to close the room shortly. Thanks everyone for coming & being part of the discussion :)

