

SANE AUSTRALIA

SANE Australia Online Peer Group

Date: 24/03/2022

Topic: Navigating boundaries today

Description: The world has been through a period of transformation that has been challenging for some people. Now that we are engaging face to face more frequently and in more crowded places. It could be a great opportunity to reaffirm boundaries or create new ones that suit your comfort level at his time. Establishing boundaries is also a good way of creating or maintaining positive mental health and wellbeing. In this upcoming OPG we will chat about some experiences that you may have had with boundaries and how you developed and coped with them.

earthling95
(PSW)

Welcome everyone to today's Peer Group Chat talking about navigating boundaries today. We really value your thoughts on how these groups go, so we will send a link to a short survey at the end of this event 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 find the survey here now: https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW

earthling95
(PSW)

Tonight, peer support workers @earthling95 and @ RiverSeal will be facilitating a discussion around the topic of navigating boundaries today. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, we might have forgotten or misplaced boundaries or just feel like we need to establish new boundaries. 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 mental health struggles. @ Lunasky 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>) or message @ Lunasky.

earthling95
(PSW)

earthling95
(PSW)

earthling95
(PSW)

earthling95
(PSW)

earthling95
(PSW)

We're looking forward to creating a space where we can reflect and learn together and expand our ideas of navigating boundaries today.

We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join 😊

Welcome everyone! Feel free to introduce yourselves. I'm earthling95 :)

Welcome beth and the magician! :)

RiverSeal
(PSW)

the
magician

Hello everyone, welcome to the OPG!!

hello people i didn't realise you were one of the workers earthling?

earthling95
(PSW)

earthling95
(PSW)

Sorry for the confusion- I am a peer worker :)

Welcome Sama333!

RiverSeal
(PSW)

Hi @the magician

earthling95
(PSW)

the
magician

RiverSeal
(PSW)

the
magician

To create boundaries we establish a limit or space between us and another person which could be physical or emotional. These are to protect and take care of us which establish a clear line where you begin, and another person ends. What are some common boundaries that we have in our daily lives?

how many people are we expecting tonight

@the magician not to sure but there's usual just a few

boundaries around private lives, level of incomes, diagnosis

RiverSeal
(PSW)

I've just been on public transport and I feel I have boundaries in public spaces like that. I keep to myself and try and give people space around them.

**RiverSeal
(PSW)**

I have personal boundaries with people in my building too like not getting too friendly but being polite and talkative.

**earthling95
(PSW)**

I have boundaries with people in general around disrespect. I cannot cope with yelling/screaming so respectful communication is extremely important to me.

the
magician
the
magician

I have a very self-made friendly courtyard of units. but it's limited what goes on behind doors

me too I am used to being spoken to in a particular way

**earthling95
(PSW)**

Respectful and healthy communication is so important!

**earthling95
(PSW)**

What are some boundaries that you might have established to help you manage and maintain positive mental health?

**RiverSeal
(PSW)**

@the magician I find it's good to have personal space and keep things a bit private

**earthling95
(PSW)**

Work-life balance is a tough space to navigate, it has taken practice over the last 2 years to stick to a routine that works for me

**earthling95
(PSW)**

Saying 'no' and choosing my battles helps too.

**RiverSeal
(PSW)**

I have boundaries about who I spend time with these days as I only want positive people in my life rather than feeling like I have to accept everyone

**earthling95
(PSW)**

Welcome @Zoe7 :)

Zoe7
the
magician

Hey @earthling95 (PSW) and all 🙄

no one should have to answer questions about their finances. nosy people in COVID assume you're owning your property when it's public housing and want to know how you've survived COVID with money. others ask if you're on the dole.

**RiverSeal
(PSW)**

Hello @Zoe7

**earthling95
(PSW)**

Those are fair boundaries :)

the
magician

hey zoe

Zoe7 Hey @RiverSeal (PSW) and @the magician

RiverSeal (PSW) @the magician Yeh I deffinatly have boundaries about finances too

RiverSeal (PSW) @Zoe7 We are just chatting about boudaries we have in place to protect our mental health

the magician in mental health environments people assume their information's safe and mutual and are prepared to disclose more

Zoe7 I have very firm boundaries on work, home and the forum - compartmentalising each so they do not overlap

the magician smart

pinklollipo p15 Good evening everyone

earthling95 (PSW) compartmentalising- love it!

pinklollipo p15 For me my boundaries are very strong around gossip and drama I will literally leave the room or just not associate with certain people due to it

RiverSeal (PSW) @the magician sharing your story with mental health professional is a safe place to talk about things

earthling95 (PSW) Hello pinklollipop15

earthling95 (PSW) :)

earthling95 (PSW) **Have you ever had to establish boundaries that were challenged by someone who did not respect them and how did you handle the situation?**

pinklollipo p15 Yes I have established boundaries by been very assertive with the person involved if they dont listen I will take myself out of the situation.

RiverSeal (PSW) @pinklollipop15 it good to protect yourself if you don't want to talk about certain things with people and that's a good use of boundaries

Zoe7 Definitely have in several fields @earthling95 (PSW) I have very firm boundaries with my mother that took a lot of work and a lot of heartache - but the more I laid those boundaries down, the easier it started to become. I also have boundaries around what emails, etc. I reply to after work that are work related.

pinklollipo p15 and ive learnt about 'energetic boundaries' so through mindfulness allow myself to not think about the person/situation and just be in the moment

earthling95 (PSW) Its such a trial and error process. I wish there was a manual when it comes to boundaries- it's easier said than done just saying "you should have boundaries"

RiverSeal
(PSW)
earthling95
(PSW)

@Zoe7 great to have boundaries about not looking at work staff after hours

Having boundaries of steel has helped me. I had an internal narrative that I am 'being harsh'

the
magician

yes safe. in work backstabbing is a bit highschoolish. in hospital with a kidney infection i had to say to a nurse thats a bit to much insensitivity for me to tolerate. her patient etiquette.

Zoe7

Boundaries are not being harsh @earthling95 (PSW) They are there (or put in place) so everyone is on the same page and you can feel protected

earthling95
(PSW)

So true @Zoe7 . Not being critical towards myself is also a boundary in progress haha!

Sarububu

hello. I'm ian. new here

earthling95
(PSW)

Hello Ian ;)

earthling95
(PSW)

Have you ever had an experience where boundaries you had established prevented you from doing something that could have put you at risk?

Zoe7

LOL @earthling95 (PSW) A work in progress is still a step forward.

RiverSeal
(PSW)

@the magician It can be hard when professional people not meet your expectations

Shaz51

Hello @earthling95 (PSW)

earthling95
(PSW)

Welcome @Shaz51 ;)

RiverSeal
(PSW)

Hello @Shaz51

Shaz51

Hello @RiverSeal (PSW)

Zoe7

I am not sure I understand that question @earthling95 (PSW) Do you mean they have stopped you doing something OR put you at risk?

Sarububu
RiverSeal
(PSW)

I'm still on progress. Got still up and down

@Zoe7 It's about when you where protected bu boundaries that you had in place or put in place to protect you from risk

earthling95
(PSW)

Taking it one step at a time is also a healthy boundary to have :)

pinklollipo
p15

umm no

Sarububu

honestly im really tired trying

**RiverSeal
(PSW)**

Boundaries I have had in place that protected me are not talking about my mental health until I get close to someone not when I just meet them say in a social situation.

the
magician

having a clear understanding of how far youre willing to go when with someone intimately

**earthling95
(PSW)**

I hear you. It can be exhausting.. @Sarububu

Zoe7

Similar boundaries to you @RiverSeal (PSW) but along with that is I am very private anyway and often listen more than talk ...but if it helps the other person I will share some of myself

Sarububu

what i did. i withdrawn myself for 1 year and a half now.

**RiverSeal
(PSW)**

@the magician that's true

the
magician

how far are willing to get involved j helping someone else's problem

Sarububu

i withdrawn myself socially.

**RiverSeal
(PSW)**

@Zoe7 It's good to be able to read people to see whether you share or what you share

**earthling95
(PSW)**

'Not my circus, not my monkeys'

the
magician

its hard after being withdrawn for a while to know how much to trust

Zoe7

I suppose it is not really a boundary @RiverSeal (PSW) because I only share what is pertinent to the conversation/situation if I feel it will help with that connection at the time - sometimes saying nothing but just listening is just as effective

**RiverSeal
(PSW)**

@Zoe7 Very true

**RiverSeal
(PSW)**

@Zoe7 Silence is an effective tool at times

**earthling95
(PSW)**

I have boundaries with my friends around "giving advice". Sometimes I just want to feel heard. I find it helpful to communicate the same.

Zoe7 @the magician I tend to err on the side of caution with regards to trust - if you are not sure then say nothing

earthling95
(PSW)

I am learning so much from you all today :)

RiverSeal
(PSW)

@Zoe7 trust is a good thing to have boundaries around

Zoe7
the
magician

Hey @Shaz51

its nice knowing how much and to whom you can say things

earthling95
(PSW)

Have you ever had to reassess a boundary that you had in place due to a change in a situation that was out of your control?

Zoe7
earthling95
(PSW)

It is @RiverSeal (PSW) I believe a very common issue with so many with a MI is trust - whether that be with those close to us, work colleagues, professionals, etc. but once you find a team around you that you do have trust in it certainly makes the way forward possible.

'..certainly makes the way forward possible.' love that @Zoe7

Sarububu

Thank you so much guys for welcoming me here. im trying to reach out.

earthling95
(PSW)

Thank you for your courage and vulnerability @Sarububu we are so happy to have you here :)

Zoe7
RiverSeal
(PSW)

Absolutely @earthling95 (PSW) Have to constantly re-asses and change boundaries with the ever increasing demands of the job ...but have actually become better at that (and more accepting of those things that we cannot control) in order to do that - took a long time and A LOT of practice though.

Zoe7
the
magician

@Zoe7 Sure does and it feels good to trust people especially with your mental health

@Sarububu You have shown great strength to reach out here.

ive had a lot of manipulative friends who only ask personal info and try to dig and analyse your emotions when dont want to share

earthling95
(PSW)

Boundaries definitely change with time..I personally don't think I have had one straight forward boundary that worked for every situation. Re-assessing them can be strenuous but also one of the most kindest things we can do for ourselves and others.

Zoe7
the
magician

It is vital to recovery in all it's forms @RiverSeal (PSW) Being able to trust your team to both make the right decisions for you as well as include you is key I feel

RiverSeal
(PSW)

but its great when you find a place that has "your people"

I recently had to reassess my boundaries in a educational setting about what I'm willing to share to keep me feeling protected about my mental health

earthling95
(PSW)

Sorry to hear the magician. That can feel very intrusive.

@zoe7 i already lost al to of friends that i thought were my friends. I'm thankful there is something like this that i can talk and understand my situation.

Sarububu

Shaz51
the
magician

Tricky at times @earthling95 (PSW)

its not everyone's need to know either

Zoe7
RiverSeal
(PSW)

I would love to see you on the forums then @Sarububu where we can all help to support you more 😊

@Sarububu It's a great online community to share your experiences and connect with other people here at Sane

Sarububu

Thanks Zoe7

Shaz51

Yes @Sarububu , love to chat with you on the forum

Zoe7

Tag me on the forums @Sarububu - same username on there for me and happy to connect with you more.

Sarububu

Thanks Shaz51

earthling95
(PSW)

[We also encourage you to reach to our peer support team at SANE Sarububu :\) it can be helpful speaking to someone who has been through similar struggles. You can email us at \[peersupportteam@sane.org\]\(mailto:peersupportteam@sane.org\) :\)](#)

Shaz51

Every true @RiverSeal (PSW)

Sarububu
earthling95
(PSW)

Thank you so much guys.

the
magician

Thank you for making this OPG such a supportive space- it is indeed heart warming.

what sort of things happen at the forums?

Zoe7

💖😊@earthling95 (PSW)

@the magician Conversations like this, plus social spaces and many that 'get it' - it is a great place to talk with those that are

Zoe7

in or have been in similar positions

Shaz51
the
magician

@the magician , support, encouragement on the forum

is it face to face?

earthling95
(PSW)

It's online :)

Thank you so much guys. I have to go to bed early. I have a 1030 appointment in Southcoast private in wollongong tomorrow.

Sarububu

RiverSeal (PSW) [@the magician You can post about what is going on for you in the moment or you can get involved with already existing disussion and there's heaps of topics to choose from. https://saneforums.org/t5/Lived-Experience-Forum/ct-p/lived-experience-forum](https://saneforums.org/t5/Lived-Experience-Forum/ct-p/lived-experience-forum)

Zoe7 @the magician and anonymous
the magician ta

RiverSeal (PSW) @Sarububu Thank you for joining us here tonight

earthling95 (PSW) Good luck Sarububu and we are so grateful that you joined our OPG tonight. Take good care of yourself :) you deserve it! We hope to see you on the forums

earthling95 (PSW) **How can you recognise experiences that are affecting you negatively and establish boundaries to prevent them from happening again?**

earthling95 (PSW)

Sarububu thanks guys. goodnight.

Zoe7 I 'feel' those things happening and look at ways I can adjust my boundaries to hopefully alleviate them
the magician pre prepared answers and limited to available behaviours wish to express

earthling95 (PSW) The biggest sign for me can be having a visceral reaction. I hear you Zoe7.

the magician only committing yourself so far

RiverSeal (PSW) I recognise how I feel and if I don't feel great about something I don't want it to happen again. I usually feel it in my emotions or sometimes I get anxious.

the magician i sort it out internally if im ok with the answers i give myself in a situation am less bothered

earthling95 (PSW) that's a great strategy the magician :)

earthling95 (PSW) Welcome tyme :)

RiverSeal (PSW) If I felt uncomfortable with people I wouldn't put my self in a situation like that again so I would establish a boundary to protect me

Shaz51 Very true @RiverSeal (PSW) , same here

RiverSeal (PSW) @the magician it's great otthink about things internally before you speak or act

earthling95 (PSW) I used to struggle with expressing my needs. Verbalising it and actually saying it out loud that 'this is making me uncomfortable' has helped :)

the magician positive assertiveness!

earthling95 (PSW) I would usually squash down my feelings and try to run away from them. I would associate being assertive as being 'arrogant'. Deconstructing these narratives have taken a while :)

RiverSeal (PSW) I recently had an experience where I had to assert myself to protect myself and I am not used to that and having choice. But I feel that it was the best thing for me and I feel that I have grown from the experience.

the magician being clear with what you want can lessen having to nag also

earthling95 (PSW) Crisp and concise boundaries!

earthling95 (PSW) **Do you think boundaries for different people in your life are going to be the same or how might they differ for different people?**

the magician people see you coming and know not to bother/mess with you haha older and wiser

RiverSeal (PSW) I definately have different boundaries for family and close friends and even those differ too
My boundaries are very different for different people and different circumstances. I share more with my team than anyone and keep myself to myself mostly with work. Family are another matter entirely - knowing there is not much use 'talking' to them is in-fact one of my boundaries as it stops the heartache of being shut down

Zoe7 the magician that sounded like something from a rap song haha love it! Zoe7- ..'stops the heartache of being shut down'
I feel you!

the magician im very close to family non invasive friendly to neighbours but have found real people to share with at outdoors inc.

RiverSeal (PSW) @Zoe7 Sometimes family can be really hard to connect with and can cause heartache so good that you recognise that and have your boudnaries in place

the magician my relationship with family is far better now i am on good treatment and live independently.

tyme (PSW) Agree @the magician! Me too!

RiverSeal (PSW) @the magician Living inependently is a great thing for your recovery and really glad to you are receiving good treatment

earthling95 (PSW) Definitely. Sometimes its healthy to love people from a distance :)

the magician i think my family appreciate that i quit cigarettes 4 years ago after our dad died lung cancer at 8. its solved so many other rehabilitation problems.

RiverSeal (PSW) @the magician Quiting is really challenging so that's great you have managed to make your health a priority

earthling95
(PSW)

Sorry to hear the magician. Good on you for putting yourself first and making your health a priority!

earthling95
(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 did you learn?

Zoe7
the
magician

Haven't really learned anything but hope to connect further on the forums with @the magician and @Sarububu

RiverSeal
(PSW)

different boundaries for different spaces. being able to not disclose confidently.

the
magician

I picked up that everyone has a good sense of their boundaries and have boundaries in place to protect themselves. Great to see and that you are able to share those experiences here.

earthling95
(PSW)

to tell people when they are being nosy!

RiverSeal
(PSW)

boundaries- always under construction!

earthling95
(PSW)

@the magician Yes and that is a good one too!!

Tonight's topic may have brought up some heavy feelings as we talked about how boundaries have affected you personally or how you need to establish them. Would some self-care be helpful for you after we finish? If so, what might you do? 😊

Zoe7
RiverSeal
(PSW)

Back to work as usual for me @earthling95 (PSW) 😊

the
magician

I'm cooking dinner after I relax on the couch for a bit

earthling95
(PSW)

caffeinate as have a stack of reading to do. but have a booked chat with mum.

earthling95
(PSW)

I hear ya @Zoe7 - back to work :(will definitely try to sleep early and avoid doomscrolling.

earthling95
(PSW)

That's sweet @the magician hope you have a wholesome chat with your mum :)

Zoe7
the
magician

Hope to catch some of the soccer @earthling95 (PSW) but think I will be in bed earlyish too

RiverSeal
(PSW)

see you next week people thanks for the chat.:stuck_out_tongue_winking_eye:

earthling95
(PSW)

@the magician Thank you for a great night and see you another time

earthling95
(PSW)

Thank you so much everyone- take care of yourself :cherry_blossom:

RiverSeal
(PSW)

goodnight :)

@Zoe7 Watching the soccer can be great, enjoy it!!

earthling95
(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](https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW)

earthling95
(PSW)

Here are some further resources we recommend having a look at: 1 [PositivePsychology.com](https://positivepsychology.com/great-self-care-setting-healthy-boundaries/) - <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/> 2 Katie Morton - <https://www.youtube.com/watch?v=gBpDwbTsLIE> 3 Healthline - <https://www.healthline.com/health/mental-health/set-boundaries>

earthling95
(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/online-mental-health-meet-up.](#) You can also ask questions for us to discuss in future peer chats!