

SANE

We're people like you

Peer Group Chat

Date: 07/07/2022

Title: Fun, Comfort, and Joy

Description: Dealing with failure can be a big part of everyday life and recovery. However, our perception of failure can sometimes impact how we deal with it. Let's come together and talk about failure, how we can respond to it, and how this can either support or hinder us from moving forward.

LittleSteps (PSW)	Welcome Appleblossom! :)
LittleSteps (PSW)	<p>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.</p> <p>Welcome everyone to today's Peer Group Chat talking about Fun, Comfort and Joy. 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_5uUFOsHJRKQ6wyW</p>
LittleSteps (PSW)	Tonight, Peer Support Workers @Girasole and @LittleSteps will be facilitating a discussion around the topic of Fun, Comfort and Joy. Whether you have lived experience of complex mental health issues, you care for

	<p>someone who does, or both, it can be important to explore these topics for the sake of all our wellbeing. 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.</p> <p>Some of the conversation may be heavy in nature as we talk about challenges to mental health. @Basil is working behind the scenes to ensure our safety. If you are 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 @Basil.</p> <p>We're looking forward to creating a space where we can reflect and learn together and expand our ideas of Fun, Comfort and Joy.</p>
LittleSteps (PSW)	We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join :)
Girasole (Peer Worker)	Hi @the magician ! Welcome, good to see you here :)
the magician	hi people this is comfort
LittleSteps (PSW)	Welcome everyone! Feel free to introduce yourselves. I'm @LittleSteps
Girasole (Peer Worker)	Hey I'm Girasole, I'm another Peer Worker :)
Basil (Moderator)	Hi everyone, Im Basil, here as moderator :blush:
pinklollipop15	Hi everyone
LittleSteps (PSW)	<p>This Peer Group Chat will be touching on childhood experiences. We would like to acknowledge that these can be upsetting topics for some people.</p> <p>This message serves as a gentle reminder of SANE's drop in counselling line, 1800 187 263, which can be contacted between 10am and 10pm AEST from Monday to Friday.</p> <p>Other helplines you can call include:</p>

	<p>Lifeline – 13 11 14 1800 RESPECT – 1800 737 732</p>
LittleSteps (PSW)	<p>We would also like to provide a gentle reminder of this group’s Guideline relating to Safety: “As language can be triggering or elicit a trauma response, out of respect for people with a lived experience, please do not publish content that contains graphic or specific details, or any descriptive account, of: your or anyone else’s medication or dosages, eating disorder behaviours (recommending diets, descriptive weight loss/gain strategies or any numbers relating to weight, BMI, clothing size, calories or exercise), self-harm methods, suicide methods, sexual or physical abuse or any other content that others may find distressing or harmful in any way” Everyone deserves to tell their story. We look forward to creating a safe space with you all today to discuss joy, fun and curiosity.</p>
Girasole (Peer Worker)	<p>Hi @pinklollipop15 ! It's great to have you here :)</p>
LittleSteps (PSW)	<p>Welcome everyone :)</p>
LittleSteps (PSW)	<p>Is there anything from your childhood – even something small – that brought you comfort, joy, or happiness, that you don’t do anymore – that might actually still bring some of those same feelings if you were to continue doing them as an adult? Or if you can’t think of anything, are there things that society might consider “childish” (like playing games) that might actually bring real benefits to your wellbeing?</p>
pinklollipop15	<p>I love to write that brings me the most joy and happiness and I do it now as an adult. I also enjoy craft and painting but don't do it as often but notice when I do its relaxing as well.</p>
Girasole (Peer Worker)	<p>Writing's an interesting one @pinklollipop15 – with more and more technology being the norm, I sometimes miss the simple art of writing on a piece of paper!</p>

the magician	for me its singing im always happier then. also creative arts. i like to go up to the church carpark on a Sunday with my scooter.
Girasole (Peer Worker)	Scootering is so much fun @the magician ! You just reminded me :)
the magician	i did a lot of waterfalling as a kid so i enjoy that now through outdoors inc. and am slowly building a MH friends network.
Girasole (Peer Worker)	Here's a big list of ideas I thought of earlier :) Outdoors & nature: body boarding, flying a kite, camping, bonfires, exploring rock pools at the beach, snorkelling, snowball fights and making snow angels (if you're anywhere near snow!), travelling somewhere new, playing with animals Creative: Tie dyeing, free play (drawing, painting, etc.), clay, singing, dancing, Parties: pinatas, games, water fights, party snacks Recreation: Arcade games, putt putt golf, water slides, theme parks, old-fashioned cinemas, train museums etc., inflatable obstacles courses at public pools, karaoke, trampoline parks, laser tag Digital: old-school Mario universe games, rewatching some of my favourite movies from childhood Food: ice cream in a cone, lollies I had when I was young, nostalgic food/snacks (like potato smiles)
LittleSteps (PSW)	If you stopped doing these kinds of things, or if you never picked them up as an adult – why do you think that is?
the magician	responsibilities and time?
the magician	expectations about how to act a certain age?
Girasole (Peer Worker)	Yep I definitely relate to those @the magician !
Girasole (Peer Worker)	@pinklollipop15 & @Appleblossom , have you got any thoughts on this one? :)
the magician	I have nature therapy, music therapy, art, writing, bike and yoga all as lifestyle therapies to balance out the work/study combination just to keep achieving healthily.

pinklollipop15	its a time issue between everything else I have to do and prioritising those things over creative things
Girasole (Peer Worker)	<p>I think expectations from society- anticipating potential judgement or ostracism from others - has gotten in the way of doing certain things. And having been sensitive to others' perceptions of me, I haven't always felt comfortable to challenge that a lot.</p> <p>As well as perceived judgement, sometimes there are tangible barriers to participating in "fun" things! E.g., playground equipment is built to the dimensions of children, and some activities or recreational sites have age caps- so, naturally, that stops us from being able to access those kinds of fun things with time.</p> <p>As I became responsible for my own life in adulthood, and didn't have the structure of school etc planning my time and activities, there were struggles and it wasn't intuitive to designate time for myself to have fun and engage in a lot of play. But that's something I can always learn to do more of :)</p>
the magician	i love lapping up activities things i would otherwise not afford with NDIS.
LittleSteps (PSW)	If you were to do these kinds of activities, pastimes, etc – what effects do you think that could have on your mental health, life, and overall wellbeing?
the magician	mindfully appreciating the journey more
pinklollipop15	overall happiness and stress release
LittleSteps (PSW)	I think it wold be beneficial for me to engage in hobbies - it would add to my sense of identity! :)
Girasole (Peer Worker)	I feel similarly @the magician @pinklollipop15 ! More of these things could bring more joy, happiness, and a sense of being carefree into my life. This would be very welcome, having a lot of responsibilities and mental health things to deal with. If I could get into the practice of making time for this kind of stuff every day, I think I could be more grounded overall, and it'd help regulate my stress.

the magician	I've got this scheme for MH funding to use an exercise physio at the pools so i can correct my freestyle and go surfing as part of rehabilitation! things like this do it for me.
Girasole (Peer Worker)	That sounds great @the magician ! It's an impressive skill that you can surf- it's not easy! :surfer_tone3:
the magician	what happened to earthlings?
LittleSteps (PSW)	Can you think of any specific barriers or challenges that would get in the way for you to start enjoying some of these kinds of things that bring us comfort or joy? If so, what are they?
pinklollipop15	its time management i want to organise my time a bit better but i have a full on schedule right now.
the magician	money. becoming overwhelmed by work/study at times. impacting on health . they're a great respite though so it kind of counteracts
the magician	getting up in the morning
Girasole (Peer Worker)	Hi @Sarah ! Welcome :)
Appleblossom	Wow @the magician... swimming and then surfing sounds like great goals. I can relate to nature and singing as therapy, and today I was mending by hand, not something I do often anymore, but it is easier than trying to remember how my new old sewing machine works ..lol .. @pinklollipop15 hope you get ahead enough so you can smell some roses.
Girasole (Peer Worker)	Yeah these are relatable barriers. For myself, there are various logistical challenges: limited time; the potential cost of certain activities or resources; certain natural environments are more difficult (or impossible) to access when I don't drive; coordinating schedules and planning, when others are involved, can take a bit of time and energy. And also, simply the fact that for many of these activities, they're not yet a habit of something I do regularly. I do

	know that if I start doing them enough (the hardest part is just starting, and the initial month or so), before too long, they can become a habit :)
pinklollipop15	yeah I do meditation and walking so have those times during the day for smelling the roses :D
the magician	walking and meditating are a daily necessity. i don't drive either but am saving for an e-bike.
LittleSteps (PSW)	What are some ways to overcome these barriers- even if it's just to have a slightly greater amount of comfort or joy in your life?
the magician	stepping stones breaking things down into chunks
Girasole (Peer Worker)	Always a helpful strategy, I find! @the magician :)
pinklollipop15	maybe write out a plan in the mornings.. i used to do morning intention meditations (just 10 minutes) and then write out so I might do it again!
the magician	believing you are capable of something. if its an avoidance thing the best thing is the NIKE ad. just do it.
the magician	diary management
Appleblossom	Yes I am always watching my diary and noting various things down, but lately have been beginning to plan and believe I deserve to have fun. Good Clean fun. Going to a Jazz club on Sunday with my support wkr.
the magician	apparently there are some classy cocktail rooftop bars reopening in the city. this would be good but going on my own is a barrier.
Girasole (Peer Worker)	Absolutely, @Appleblossom , every single one of us deserves to have fun :purple_heart:
Girasole (Peer Worker)	I think for me, one of the most helpful things I could do is simply prioritise joy and fun!

	<p>I often do things on my weekend, for example, that are just "on" and something to do – but they don't necessarily bring me a huge amount of fulfilment.</p> <p>I once heard something very interesting and helpful from a counsellor, who asked if there were activities I like to do that "supercharge" (i.e. rejuvenate, energise, inspire) me– as opposed to things I might do that are nice and generally positive– i.e. they might still 'recharge my battery,' but just more slowly and perhaps not as much. Because I have limited time, I want to get better at prioritising what "supercharges" me in the time that I do have– and committing to doing them.</p>
LittleSteps (PSW)	Not everyone can necessarily say they've experienced comfort, joy, and happiness in childhood. If this resonates with you– it is still possible to explore and enjoy these things as an adult! What do you imagine some other ways of experiencing curiosity, joy, and comfort as an adult might be?
the magician	going on trek somewhere you've never been getting some photography in and grabbing a mocha.
Girasole (Peer Worker)	I also like exploring new places :) I really enjoy the sense of discovery and novelty
the magician	shopping!
pinklollipop15	reading, checking out new places, going out with friends
Appleblossom	It has been helpful to have company with support workers going places in the last 18 months. Kept me sane and active.
LittleSteps (PSW)	Within the constraints that we me face in our lives – what would you like to be able to do to incorporate more things for fun, comfort, and joy (just for the sake of it!) into your life?
the magician	buy some hockey/lacrosse sticks and play with my nephews at our farm retreat.
Girasole (Peer Worker)	That sounds so lovely @the magician :green_heart:

Girasole (Peer Worker)	I feel inspired to do some of the things again that I enjoyed when I was younger – like body boarding, swimming, exploring I really like the idea of also doing more creative things (like art/craft, music, etc) just for the sake of it and not having a goal or final product in mind! I can see how in practice I may need to schedule and plan for times like this, but I also want to remember the value of spontaneity and how the opportunities for play can come up at any point in any day :)
the magician	living like you're high on life haha
Girasole (Peer Worker)	I love that!
pinklollipop15	just to create things like painting without worrying about what it "has to be" and just enjoying the process
the magician	a gr8 way of getting in touch with your inner energies.
Appleblossom	I have been enjoying spontaneous moments with kids and parents who I happen to meet during the day, but this chat is great timing and inspiration for planning even more good times.
Appleblossom	Realising how many "shoulds" dominate my thinking and lightening up a bit.
LittleSteps (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?
the magician	youth(in relation to fun) is a state of mind
Girasole (Peer Worker)	Here are some of my favourite takeaways from everyone :) "believing you are capable of something. if its an avoidance thing the best thing is the NIKE ad. just do it." @the magician "believe I deserve to have fun" – @Appleblossom Remembering every one of us deserves fun :) "living like you're high on life" @the magician "just enjoying the process" @pinklollipop15 so important!
LittleSteps (PSW)	I learnt that there are supportive people out there :) Who will support you in what it is you want to do with your time – and who won't judge! This chat is a great example of that.

Appleblossom	That it is fine for me to be comfortable and being uncomfortable is sign something is up rather than a constant state in my life.
the magician	taking time out to value other people
pinklollipop15	for me it has been a great reminder to fit in more creativity
LittleSteps (PSW)	Tonight's topic may have brought up some heavy feelings as we talked about barriers and challenges of mental health. Would some self-care be helpful for you after we finish? If so, what might you do?
Girasole (Peer Worker)	I'm going to try and get a good night's sleep! I need to catch up a bit. Also because I want to be well rested for tomorrow where I happen to have a fun thing planned :D
pinklollipop15	im going to have a shower and sleep
the magician	staying up another hour, wrapping myself up in an oodie and reading a fantasy novel. because i have that luxury this week.
LittleSteps (PSW)	I think I am also going to have an early night! :)
Appleblossom	It has been good, thank you all. Having a long shower and getting in bed with fresh linen.
the magician	thankyou everyone see you next week
Girasole (Peer Worker)	Such comfy and enjoyable things you've all described! It's making me feel comfortable and content just reading about it haha
LittleSteps (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.au.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW

pinklollipop15	thankyou has been a great chat :)
LittleSteps (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1: 37 Fun Activities That Will Re-Introduce You to the Power of Play https://www.alwayswellwithin.com/blog/2017/07/15/play-activities-benefits-adults</p> <p>2: A TED Talk about how Play can be important both in childhood and adulthood https://www.youtube.com/watch?v=sSx_csPHEOc</p>
the magician	bai
LittleSteps (PSW)	Thanks @the magician! Bye! :)
Girasole (Peer Worker)	Thank you everyone for joining and sharing all your thoughts :) Take care and have a good evening!
LittleSteps (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 questions for us to discuss in future peer chats!