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**Peer Group Chat**

**Date**: 24/11/2022

**Title**: Self Kindness

**Description**:  Self-kindness is super important, and it is something that we are all deserving and worthy of. However, it can also be quite challenging or unnatural for some people. Let's come together to share our ideas on different ways that we may be able to be kinder to ourselves.

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| **Amber22 (PSW)** | **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.  Welcome everyone to today’s Peer Group Chat talking about Self-Kindness.** |
| **Amber22 (PSW)** | **Tonight, Peer Support Workers @Amber22 and @TideisTurning will be facilitating a discussion around the topic of Self-Kindness.Whether you have lived experience of complex mental health issues, you care for someone who does, or both, being kind to yourself and optimising your self-care is really important when navigating through all situations.     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 learning to be kind to ourselves and the barriers that we may face from this. @Otter, 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**](https://www.sane.org/peer-support/peer-group-chat/chat-faqs)**) or message @Otter.    We're looking forward to creating a space where we can reflect and learn more together about Self-Kindness.** |
| **Amber22 (PSW)** | **Within this group tonight we’ll be talking about:  - Difficulties with being kind to ourselves, and our barriers   - Coping mechanisms to be kinder to ourselves   - What self-kindness actually looks like** |
| **Amber22 (PSW)** | **We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join**😊 |
| TideisTurning (PSW) | Welcome @Dragonfly-3 :) Great to have you here with us! |
| **Amber22 (PSW)** | **Welcome everyone! Feel free to introduce yourselves. I’m @Amber22** |
| Drangonfly-3 | Hi Everyone |
| **Amber22 (PSW)** | **Welcome! :)** |
| TideisTurning (PSW) | TideisTurning here. One of the Peer Support Workers. Looking forward to the discussion tonight! |
| **Amber22 (PSW)** | **Hey @Captain24 !** |
| Otter (Moderator) | Welcome aboard all! |
| TideisTurning (PSW) | Hi @Captain24. Great to have you with us! :) |
| Captain24 | Hi all |
| **Amber22 (PSW)** | **Hey there @Jake63 ! :)** |
| Jake63 | Hi Amber~ |
| TideisTurning (PSW) | Hi @Jake63 :) |
| Jake63 | How are you? |
| Otter (Moderator) | Hihi @Jake63 ! |
| Jake63 | Hi @TideisTurning (PSW) how are you? |
| **Amber22 (PSW)** | **I'm doing well tonight, how is everyone else?** |
| TideisTurning (PSW) | I'm travelling fairly well this evening thanks. How are you @Jake63? |
| **Amber22 (PSW)** | **Welcome @the magician ! :)** |
| Jake63 | I am splendid. |
| **Amber22 (PSW)** | **Ok, let’s get started. Do you find that it can be difficult to be kind to yourself from time to time? Why do you think this might be, or if self-kindness isn’t something you find difficult, why might that be?** |
| the magician | HI PEOPLE! HOW IS EVERYONE? |
| TideisTurning (PSW) | Hi @the magician :) |
| Drangonfly-3 | Lacking Motivation |
| **Amber22 (PSW)** | **Hey @Wellwellwellnez :)** |
| Jake63 | Well well, it is the magician. |
| Wellwellwellnez | hellooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooooo, |
| the magician | hard on myself when don't get things done. too achievement driven. |
| TideisTurning (PSW) | Hi @Wellwellwellnez :) |
| Captain24 | Yes I find it hard and I think that’s due to not having any confidence in myself and feel like I don’t deserve any kindness |
| TideisTurning (PSW) | I feel like self-kindness can be hard for anyone. It might not be something that comes all that naturally- for example, our brains can have a tendency for negativity bias (which we’ve previously had a separate discussion on if that interests you), which is basically more easily identifying and recognising negatives as opposed to positives. Perhaps the reason we can so quickly identify things like mistakes! |
| Jake63 | I find it hard to be kind to myself sometimes because my usual coping mechanisms. |
| Jake63 | Are not available. |
| **Amber22 (PSW)** | **I definitely struggle being kind to myself, I am really trying to be more aware of speaking to myself kindly (like I would speak to a friend)** |
| the magician | i have to remember that in real life im not a magician! |
| Wellwellwellnez | Self-kindness can be hard to define. Where does self end and others begin even? |
| TideisTurning (PSW) | It's so super hard when you feel or have learnt kindness or self-kindness is not something you're deserving of @Captain24 and I'm sorry that's been your experience. For my part, I believe everyone is deserving of a little kindness :) |
| **Amber22 (PSW)** | **Good question @Wellwellwellnez !** |
| Wellwellwellnez | I like your sobriety, Magician, but I want to push back, a little bit. You are a magician. Magician and magical.  (As a counterpoint). |
| the magician | oh thats lovely.@Wellwellwellnez |
| TideisTurning (PSW) | That's tricky @Jake63. I'm really curious as to what coping mechanisms are absent when you find self-kindness more of a challenge? If you're comfortable sharing :) |
| Wellwellwellnez | It's a question I struggle with, Amber22 ( I forgot how to tag folk, oops). Some philosophers say seeing self and other and self as the same thing, is the answer. Though, it's kind of an answer that opens up a host of other questions. |
| **Amber22 (PSW)** | **What difficulties might we anticipate in being kind to ourselves? What could possibly help to address these concerns?** |
| TideisTurning (PSW) | Welcome @sammy3! :) |
| **Amber22 (PSW)** | **Welcome! @sammy3** |
| **Amber22 (PSW)** | **Love that answer! @Wellwellwellnez  Great thinking point actually :)** |
| Drangonfly-3 | I find it hard to stop my unhelpful thought process. Some days it is a continual grind trying to quieten my thoughts:1f627: |
| Wellwellwellnez | Thing is, TideIsTurning, when positivity bias bites, it bites twice. First the pain, then the feeling of being betrayed by positivity. |
| **Amber22 (PSW)** | **I think because I am so comfortable with myself, it is hard to view myself as a 'friend' and speak to myself a little bit nicer. My possibility of addressing this is reminding myself that its a journey, and I can try my best little by little :)** |
| TideisTurning (PSW) | That's hard @Dragonfly-3, but I feel like you're not the only one with that challenge |
| Jake63 | What is tricky @TideisTurning (PSW) --- forgive me I am autistic haha. |
| Wellwellwellnez | Finding the thread where selfless and selfish are functionally the same thing. That's where the psycho meets the social in psycho-social recovery. |
| the magician | I cant remember what self and other theories are about ? Anyone? |
| Captain24 | Needing to challenge the thoughts of not being deserving.  At my worst moments when I need to be kind to myself is where it is impossible |
| TideisTurning (PSW) | Hey, it's all good @Jake63 :) I was meaning it's tricky when self-kindness is hard |
| Drangonfly-3 | I definitely relate to what you are saying @Captain24 |
| **Amber22 (PSW)** | **Definitely agree @Captain24** |
| Wellwellwellnez | When I think of self, magician, I think of spiritual ego transcendence stuff. Also Hegel has a theory on how the concept of the "other" is part of what creates "master/slave dynamics". |
| TideisTurning (PSW) | That makes sense @Captain24! The moments when we need it the most are when it's the hardest to summon |
| Jake63 | I have a condition called alexithymia. This makes understanding me emotional experience quite hard. |
| Wellwellwellnez | Totally, Captain24. |
| TideisTurning (PSW) | For me, self-kindness is something of an ongoing learning that I constantly need to work at and be aware of. I think for me, that’s because unlike showering everyone around me with kindness, self-kindness isn’t something that necessarily comes naturally. It’s a work in progress for me, but one I find self-awareness really helps with. I wonder if that resonates for anyone else? |
| **Amber22 (PSW)** | **Yes! It doesn't come naturally to me either, and is definitely a work in progress as I go through my journey @TideisTurning (PSW) :)** |
| Wellwellwellnez | I didn't know about Alexithymia, Jake63. You're rocking my world right now. |
| Otter (Moderator) | Totally. I think its definitely a skill like all other skills (playing an instrument, cooking, riding a bike) that can definitely be practiced and improved and you can get better and better at, giving yourself kindness and compassion that is |
| Jake63 | Life long learning! |
| **Amber22 (PSW)** | **Now a question from our community: I often dwell on the past and beat myself up too much when feeling down. Are there any coping mechanisms I can put in place to not give myself such a hard time over past issues?** |
| Jake63 | @Wellwellwellnez , yeah it is very common in people who have ASD. |
| the magician | remembering im not perfect but that being nice to myself is important if im not nice to me how can other people be? valuing myself. |
| Wellwellwellnez | Alexithymia is defo' a condition that deserves a name. Heck, Alexithymia, seems kind of like an emotion in itself. |
| Drangonfly-3 | Yes, self-kindness is a big task for me. @TideisTurning (PSW) |
| Jake63 | @Amber22 (PSW)  --- I suggest some visualisation. Visualise in your mind's eye a moment in your life where you were succeeding. |
| the magician | i used to always expect the highest of myself despite impairments and as a result used to " hit myself over the head with a hammer" |
| Wellwellwellnez | I've also got a thymia. Cyclothymia (fancy talk for bad sleep patterns). |
| Jake63 | I like to visualise in my mind's eye the day I graduated from university. I picture myself in the ceremony receiving my testamur. |
| the magician | be grateful that youre over them and have learnt from them. reflecting on life and achieving life goal-stuff is so important. |
| Jake63 | @Wellwellwellnez so many thymias! |
| TideisTurning (PSW) | This is a tough one! But also super relatable! I feel like it’s where self-kindness can come in. Big time. I find starting small really helpful for me- a phrase like “hey, that was really hard” can be a really good starting point to leave off from. |
| **Amber22 (PSW)** | **Visualisation does sound very good, sometimes I do a visualisation meditation which is good, thanks for the advice :)  @Jake63** |
| Wellwellwellnez | Actually, like other and self, past and future are also kind of relative. |
| Wellwellwellnez | I've been reflecting more on the broader arrow of time. I like to feel part of big things. |
| **Amber22 (PSW)** | **What might be some benefits to self-kindness? What could that look like in your life?** |
| Wellwellwellnez | Hows this? We can never go to the future. We are here. The future exclusively for our future selves, whoever they may be. |
| Jake63 | @Amber22 (PSW)  - this would look like many things for me: writing, walking, watching a movie, playing on my switch, reading, journaling, having a shower. |
| Drangonfly-3 | After this group chat, I am going to mediate! |
| **Amber22 (PSW)** | **Loving those answers! I love going for walks too with my dog :) @Jake63** |
| Captain24 | To maybe find even a little bit of inner peace |
| the magician | liking yourself , why not create a vision for your future? stepping stones and goals towards dreams. |
| Jake63 | @Amber22 (PSW)  I don't have a dog. |
| Jake63 | So I just walk myself. |
| Wellwellwellnez | A healthy tree gives better fruit, better shade, protects the soil from erosion, inspires more landscape painters, creates more oxygen, etc. And that's just a silly old tree. Humans can both plant trees and climb them. |
| TideisTurning (PSW) | Well for one thing, kindness, including self-kindness is kinder! And it’s nicer too. I know it’s certainly a lot easier for me if I’m able to be a little gentler and kinder with myself when I make a mistake or something doesn’t quite go to plan. Even just validating what I’m feeling for myself when there are hard feelings rather than beating myself up about whether it’s something I ‘should’ be feeling. |
| **Amber22 (PSW)** | **Being kind to myself helps me to see the world in a better light and makes me feel like being a kinder person overall to everyone else too :)** |
| TideisTurning (PSW) | That's a great metaphor and way of looking at it @Wellwellwellnez :) |
| Otter (Moderator) | You are blowing my mind @Wellwellwellnez |
| the magician | being kind makes me forgive myself bad things to have happened that weren't my fault. |
| Wellwellwellnez | I feel bad for dissing trees. Please don't tell them I said that. |
| **Amber22 (PSW)** | **Love that! @the magician** |
| **Amber22 (PSW)** | **Haha it will be our Peer Group Chat secret @Wellwellwellnez** |
| Jake63 | If I write more, I will get better at writing. If I write more I will get my novel written quicker. |
| Jake63 | Isn't that write? |
| TideisTurning (PSW) | That's a wonderful goal @Jake63 :) |
| **Amber22 (PSW)** | **If you experience negative self-talk, what are some ways we could rephrase those thoughts into something kinder and more compassionate?** |
| the magician | im taking next year off to finish my novel too. just relax and write. |
| Jake63 | A fantastic idea. |
| **Amber22 (PSW)** | **Great to know that you're both writing! @the magician @Jake63** |
| the magician | I am statements in the assertive. |
| Jake63 | Yes - I love working on my novel. Keeps me extremely busy. |
| the magician | repeat the positive alternate words til you believe them. |
| **Amber22 (PSW)** | **I think that using the power of 'yet' in a kind sense, for example** |
| TideisTurning (PSW) | 'I am' can definitely provide for some great affirmations to contribute toward self-kindness @the magician! :) |
| Otter (Moderator) | We can thank our brains for the feedback, see if there is any truth in it (often there isn't!) and keep doing the things we love with the people we love |
| **Amber22 (PSW)** | **"i cant do that yet" as opposed to "I cant do that"** |
| TideisTurning (PSW) | Love that @Amber22 (PSW)- the power of 'yet'! |
| Captain24 | All my self-talk is negative and that stems from childhood and constant negative feed back from then until now. Rephrasing those thoughts is something I really need to learn. It’s hard to change after 40+ years. But I’m open to trying. |
| Jake63 | @Amber22 (PSW) today I actually watched a video on YouTube on this very topic. Check out Dr. Tracey Marks video on negative thoughts everyone - I loved it. In fact, one of her ideas to challenge negative thoughts is to VISUALISE again. Check it out! <https://www.youtube.com/watch?v=sKt4epKgvjE> |
| the magician | reclaiming space! |
| Wellwellwellnez | Sometimes, I just tell them to shut-up. It's a bit rude to my sub-conscious, but, I'm pretty sure my the subconsciousness "gets it". |
| Drangonfly-3 | Great thanks @Jake63 |
| **Amber22 (PSW)** | **Oh wow thank you! I'll have a look into it @Jake63 :)** |
| Jake63 | Visualise yourself writing the negative thought down on a piece of paper, and then toss that paper in the trash! |
| Wellwellwellnez | I also interrogate my intrusions, a lot. This mind is my cage. They live by rules. That sort of thing. Also, it's better for me and my intrusions if they tell me what they're really trying to say. I try to Dad myself is kind of what I'm saying. |
| TideisTurning (PSW) | Rephrasing, or reframing thoughts can be hard, and I feel like it can also depend on the context as to how you might go about doing this. For myself, I find acknowledging and sometimes validating any struggle in that thought helpful. for example, if negative thoughts are relating to a situation where I think I possibly could have done better, acknowledging that the situation was hard and I did the best I could at the time before reframing the potential ‘should haves’ as maybe possibilities for future improvement. |
| Drangonfly-3 | Awesome @TideisTurning (PSW) |
| TideisTurning (PSW) | What do you mean by 'trying to Dad' yourself @Wellwellwellnez? |
| Drangonfly-3 | That's really helpful |
| the magician | if i have invading thoughts i sing lalala, find some earplugs or an mp3player. music helps me think more sensibly. |
| Wellwellwellnez | I think I mean the balance of being tough but fair on my self. O something like that. |
| TideisTurning (PSW) | That's cool! @the magician! I wonder if you could put the negative thoughts to the tune of the song and humorise it a bit? Kinda like Ridikulus in Harry Potter |
| Captain24 | That is great TideisTurning |
| Otter (Moderator) | Slay those Boggarts @TideisTurning (PSW) ! |
| Jake63 | haha |
| Otter (Moderator) | and @the magician |
| **Amber22 (PSW)** | **What are the things that you do (e.g., selfcare) to be kind to yourself?** |
| Jake63 | @Amber22 (PSW) - I swear by my weighted blanket. I paid $160 for it O.O   But it was worth every cent. |
| **Amber22 (PSW)** | **I also love my weighted blanket too! @Jake63** |
| Jake63 | @Amber22 (PSW) omg what color? |
| Wellwellwellnez | Fixing my bed was a really good idea. |
| **Amber22 (PSW)** | **I try and go for walks, and also like sitting out in the morning sun to be kind to myself :)** |
| the magician | self care is daily hourly even addressing treatments and self help practices for multiple issues. it takes a lot of energy and appointments. then it becomes a lifestyle. i have an oodie. |
| **Amber22 (PSW)** | **Mine is grey! What about you? @Jake63** |
| Jake63 | The morning sun is VERY special to me also. I have a sun room. :D |
| Drangonfly-3 | Yes, the morning sun is good, but sometimes it can make me sleepy. Not a good start sometimes @Amber22 (PSW) |
| Jake63 | Mine is grey too :d |
| TideisTurning (PSW) | That can be hard! Warmth can have that effect, in a similar way cold (like a splash of cool water) can wake us up sometimes |
| the magician | looking after my sleep wake cycle . so mental preparation  for an early morning |
| Jake63 | @TideisTurning (PSW)  water is also mentioned in Tracy's video. |
| TideisTurning (PSW) | Some of the things I've been trying to work towards doing more are creating and allowing space for myself to feel the big emotions when I need to, and the classic trying my best to talk to myself like I would a cherished loved one, or sometimes, if that feels a little too challenging, trying to imagine what my loved one might say or do and repeating it for myself. |
| Drangonfly-3 | Thanks @TideisTurning (PSW)  I will try that tomorrow if I get sleepy |
| the magician | an 8 min sleep in, followed by coffee and shower. filling the day with self care creativity and learning. bonus if i get to catch people from group. |
| Wellwellwellnez | I'm still working out what parenting myself means, but it is a significant part of my self-care arc these days. My sense of maturity is kind of in a maturing/evolving stage. Maybe it's about using nature to better nurture. |
| the magician | best ever self care Chamomile with honey and vanilla. therapeutic in so many ways. |
| Otter (Moderator) | My favourite tea @the magician |
| Jake63 | What about eating fruit and veg? |
| the magician | smoothies and pears, veg &white sauce |
| **Amber22 (PSW)** | **Sometimes the people we surround ourselves with can impact how we talk to ourselves. Do you have these more supporting and caring people in your life? If so, who are they and how do they help? If not, where could you seek them out (either personally or via services)?** |
| Drangonfly-3 | I am leaving the chat now. Have a great evening! |
| the magician | maintaining a close knit single parent extended family. they mean everything to me. |
| **Amber22 (PSW)** | **Thank you for joining us! Have a great night :)** |
| TideisTurning (PSW) | Oh. Great to have you with us @Dragonfly-3 :) |
| the magician | see ya |
| Jake63 | I am calling it a night too guys! |
| Jake63 | Many thanks. |
| **Amber22 (PSW)** | **Thanks for joining us @Jake63 ! See you on the forums :)** |
| Jake63 | Absolutely - cheerio! |
| TideisTurning (PSW) | I am lucky enough to have a few particularly supportive and caring loved ones around. The kind of help they give depends on the particular person and sometimes, the specific situation, but can be providing a kind presence or validation and kind words that help remind me to be kinder to myself, at times, almost modelling what to do. Like I was saying earlier, similarly to talking to yourself the way you would a loved one, treating yourself the way a loved one might. |
| Captain24 | That’s a hard one. My family is mostly where my negativity comes from. I have one friend that helps other than that it’s my MH team and this forum. |
| Wellwellwellnez | I do.  And i love them. They still trip over my triggers. I'm getting better at writing-off and reconstructing how obsessive that can make me. It's a thing. In many ways it's a problem I'm lucky to have. |
| the magician | my psychiatrist and psychologist are particularly good. very helpful. |
| Wellwellwellnez | So with you, Tide. That's why it takes a village. Sometimes the gods need to involved for the amount of courage and serenity families require. |
| TideisTurning (PSW) | That's so hard @Captain24. I'm wondering if there are particular qualities that might help you feel that support and care? |
| TideisTurning (PSW) | Absolutely @wellwellwellnez! :) |
| Captain24 | I don’t know @TideisTurning (PSW) This is my struggle to move forward |
| Wellwellwellnez | Oh, I actually meant that last comment for Captain24 (oops). I do also however rate your comment, TideIsTurning. |
| the magician | for me its peer groups and "group" - outdoors inc that have saved me. |
| TideisTurning (PSW) | That's ok @Captain24. It sounds like there are a few of those supportive & caring people around you :) |
| **Amber22 (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 | how precious life is. |
| Wellwellwellnez | Actually, looking at your comment again, Tide. That's the secret behind Diotima's ladder. Our selves have so many dimensions. All the dimensions are a kind of self (like social dimensions (family, friends, community and so on). That means the top and the bottom of the ladder are the same thing. It's like one of those spinny German wheel things. |
| the magician | its worth looking after |
| Captain24 | Some self-care tips and trying to rephrase the negative thoughts. I can only try 😀 |
| Wellwellwellnez | Trying in itself is a victory. |
| Otter (Moderator) | The tree analogy has really stayed with me @Wellwellwellnez |
| TideisTurning (PSW) | Yes @Otter! "A healthy tree gives better fruit, better shade, protects the soil from erosion, inspires more landscape painters, creates more oxygen, etc. And that's just a silly old tree. Humans can both plant trees and climb them."- Wellwellwellnez :) |
| Wellwellwellnez | Thank you, Otter. |
| **Amber22 (PSW)** | **Tonight’s topic may have brought up some heavy feelings as we talked about learning to be kind to ourselves and potential coping mechanisms or barriers that would have impacted us. Would some self-care be helpful for you after we finish? If so, what might you do?** 😊 |
| the magician | statement of the night@Wellwellwellnez |
| TideisTurning (PSW) | Also "being nice to myself is important if im not nice to me how can other people be?"- @the magician :) |
| **Amber22 (PSW)** | **I think I'm going to have a big cup of tea tonight :)** |
| Otter (Moderator) | Prepare myself a nice hearty wholesome meal |
| Captain24 | I think I’ll go to bed. I’ve been awake since 4:30 yesterday afternoon. |
| the magician | chat about my day to band aid - my mum. maybe escape in a book. look at my jotted notes of this session for further thought. |
| **Amber22 (PSW)** | **I hope you get a good rest tonight! @Captain24** |
| TideisTurning (PSW) | Those all sound like such wonderful ideas! :) |
| **Amber22 (PSW)** | **Here are some further resources we recommend having a look at:  Ted Talk on self compassion & kinder self-talk:** [**https://www.youtube.com/watch?v=eiEMVA8AIJw**](https://www.youtube.com/watch?v=eiEMVA8AIJw)**Tips & ideas for being kinder to yourself:** [**https://www.webmd.com/balance/features/how-to-be-kind-to-yourself**](https://www.webmd.com/balance/features/how-to-be-kind-to-yourself)**Guided mediations on loving kindness & self compassion:** [**https://self-compassion.org/guided-self-compassion-meditations-mp3-2/**](https://self-compassion.org/guided-self-compassion-meditations-mp3-2/) |
| the magician | good night people stay safe |
| **Amber22 (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**](http://www.sane.org/peer-support/peer-group-chat)**. You can also ask questions for us to discuss in future peer chats!** |
| **Amber22 (PSW)** | **Thank you for joining us :)** |
| Otter (Moderator) | Thanks heaps everyone :) |
| TideisTurning (PSW) | Stay self & well and take care everyone! Was wonderful to have you all here sharing this space with us & for all your contributions! |
| the magician | :1f44f: |
| **Amber22 (PSW)** | **Good night everyone! Have a great night, thanks for chatting with us tonight :)** |
| TideisTurning (PSW) | \*safe & well! I meant safe & well :) |
| TideisTurning (PSW) | & stay yourselves! We'll be closing the room soon, but feel free to continue the conversation on Forums if you want to! |