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Peer Group Chat

Date: 11/05/23

Title: What Brings Life Meaning?

Description: It is valuable for all of us to engage in things in our life that are meaningful. This can include hobbies and interests, fulfilling relationships, culture and community. Within this group we will talk about what brings us meaning, the impacts of this on us, and support each other towards introducing more meaning into our lives.

Amber22 (PSW)	Welcome! @Lollie84 :)
tyme (PSW/ Moderator)	Hi @Lollie84!
Amber22 (PSW)	Hey! @Shaz51 :)
tyme (PSW/ Moderator)	Hi @Shaz51
Shaz51	hello @tyme (PSW/ Moderator) , @Amber22 (PSW)
Shaz51	@Snowdragon hello and hello @Lollie84

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Lollie84	Hi all. :)
tyme (PSW/ Moderator)	Great to see you all :)
Amber22 (PSW)	We will be getting started in just a few minutes :)
Snowdragon	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 What Brings Life Meaning?
Snowdragon	<p>Tonight, Peer Support Workers @ Snowdragon and @Amber22 will be facilitating a discussion around the topic of What Brings Life Meaning? Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to introduce more meaning into our lives and know what currently brings us meaning.</p> <p>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 what brings us meaning in our lives, and this may be difficult for some people.</p> <p>@tyme, 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-fqs) or message @tyme</p> <p>We're looking forward to creating a space where we can reflect and learn more together about What Brings Life Meaning?</p>
Amber22 (PSW)	Welcome! @Captain24 @Meggle :)
Meggle	Yay I made it
Captain24	Hi @Amber22 (PSW)
Amber22 (PSW)	Yay so glad you did! @Meggle

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	<p>Within this group tonight we'll be talking about: What brings us meaning in our lives currently· Barriers that we may experience that may make it harder to engage in meaningful things· Incorporating meaningful things into our lives</p>
Snowdragon	
Meggle	@tyme (PSW/ Moderator)e I would appreciate it if you could tell me later how to find these chats please
Snowdragon	Welcome everyone! We will 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 @Snowdragon
Meggle	Hi @Snowdragon
tyme (PSW/ Moderator)	@Meggle - sure thing. We are onto it.
Captain24	Me too please @tyme (PSW/ Moderator)
Shaz51	hello @Snowdragon
Meggle	Just so you know I really love the support of all the staff here at Sane
tyme (PSW/ Moderator)	Sure @Captain24 - sorry, I can't tag :)
Shaz51	@Captain24 , @tyme (PSW/ Moderator) said sure xx
tyme (PSW/ Moderator)	Here's the link to past chats. They just haven't all been updated yet https://www.sane.org/peer-support/peer-group-chat/previous-chats
Snowdragon	Q1: What comes to mind for you as things that give your life meaning?
Meggle	Love and friendships
Captain24	Only one thing and that is my dog Pixie
Meggle	Meaningful activities
Amber22 (PSW)	Aw! How is Pix going? @Captain24

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Amber22 (PSW)	For me there are a few things that come to mind straight away; my dog, my family, my friends. Also going for a walk on a nice sunny day, the ocean, and a warm cup of tea or coffee.
Meggle	Watching seeds grow
Captain24	She is loving her holiday @Amber22 (PSW) but she is very tired!
Lollie84	My dogs, creativity, music, family, friends, learning new things.
tyme (PSW/ Moderator)	Glad to hear Pix is loving the holiday
Shaz51	photography, family
Meggle	my kids and hubby for sure
tyme (PSW/ Moderator)	For me, I have meaning in connecting with people
Shaz51	my husband , SANE forum
Meggle	Leaving my mark on people. When I unfortunately die I want people to say how nice I was
Shaz51	my mum, people that I meet in online life and real life
Meggle	Ultimately, I guess the answer is my children. They will be proof that I was here
Amber22 (PSW)	That's lovely, I'm loving all these answers :)
tyme (PSW/ Moderator)	Very true Meggle
Snowdragon	Q2: What might be the impacts when we are not engaging in things that are meaningful for us?
Meggle	apathy to life
tyme (PSW/ Moderator)	For me, I find drained and tired if I'm not engaging in meaningful activities.
Amber22 (PSW)	When I neglect the things that bring me most joy in life, I can experience burnout a lot quicker, and have very low moods. Often this can happen when I get super busy and I am not able to fit in time for the things that bring me meaning .
Meggle	I feel like if we don't engage in meaningful activities or whatever that it makes us spiral into depression and unhappiness

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Captain24	Feeling low and unworthy
Lollie84	Unfulfillment, burnout, feeling empty
Amber22 (PSW)	It can definitely make me feel very lonely too @Meggle
Snowdragon	I think everyone can relate to all of these responses
Shaz51	for me burnout , fatigue, being lonely , feeling not loved , not contented , feeling alone even though i am busy
tyme (PSW/ Moderator)	I agree Shaz
tyme (PSW/ Moderator)	Hi @Snowie!
Amber22 (PSW)	Oh yes! Feeling alone when you're with others can be really challenging @Shaz51
Amber22 (PSW)	Hey! @Snowie Glad you could join us
Shaz51	Feeling alone when you're with others can be really challenging--- it is @Amber22 (PSW) , @tyme (PSW/ Moderator)
Amber22 (PSW)	I often find that I put myself in a bit of an 'alone bubble' as well, because of my low mood
Snowie	Hi @Shaz51 I feel alone too even when I have others around.
Snowie	The impacts to me are feeling alone, worthless and is when my sh and si thoughts start to take over. I also start to think that I can't get better.
Amber22 (PSW)	That is so valid @Snowie , when I don't engage in meaningful things I start to overthink a lot as well
Captain24	With you @Snowie
Shaz51	yes @Snowie when busyness and overwhelming events takes over and you feel like I am being snowed under
Meggle	I am an overthinker too
Snowdragon	Q3: Do you experience any particular barriers that might make it harder to engage in meaningful things in your life? If so, what are they?
Meggle	financial
Shaz51	unexpected changes

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Amber22 (PSW)	I think that time is a big one for me. Sometimes when I get very busy with work, or assignments that I have due etc, I can neglect the meaningful things in my life.
Snowie	A barrier for me is some of my family.
Captain24	My unworthiness
Amber22 (PSW)	Also trying to marry up time with my loved ones (when they might be busy as well) can be a big barrier for us actually connecting or staying connected sometimes.
Amber22 (PSW)	Welcome! @Dimity1 :)
Shaz51	unexpected challenges
Snowie	I find myself a barrier too. I start to think that I am not worthy of doing nice things for myself.
Amber22 (PSW)	Yep! Things changing suddenly can really throw me off mentally sometimes @Shaz51
Amber22 (PSW)	I can get into that thought pattern too when I have neglected meaningful things for too long, I can sometimes think I am not worthy or that I can't be bothered to do things for myself @Snowie
Snowie	@Amber22 (PSW) I think I get into a rut. I start to believe that I don't deserve nice things, that I don't deserve what others have.
tyme (PSW/ Moderator)	I think depression can play a part in whether you engage in meaningful activities or not...
Captain24	I can't do this sorry. I need to have a break.
Meggle	Take it easy @Captain24
tyme (PSW/ Moderator)	That's okay Captain24 - good on you for being here :)
Amber22 (PSW)	That's totally okay, do what you need to do for you @Captain24 , thank you for coming along tonight
Snowdragon	Q4: What might be some possible ways to work around the barriers which may come up for you? We can also support each other with ideas!
Shaz51	@tyme (PSW/ Moderator) , @Amber22 (PSW) , @Snowdragon makes it hard to get involved in things when I feel like this
Meggle	Well the NDIS funding does help with some of the financial barriers

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tyme (PSW/ Moderator)	Certainly, MH does affect how much people engage in meaningful tasks – I'm speaking from my own experience too!
tyme (PSW/ Moderator)	And with the NDIS, I only heard from someone last week how grateful they are because without the NDIS, their son wouldn't have even half the opportunities they have been able to have.
Meggle	Building up our self esteem
Amber22 (PSW)	Being able to connect with others online makes me feel a lot better if I don't have a lot of social interaction, it makes it easier to connect with others (and have a virtual cuppa)
Amber22 (PSW)	Being*
Snowie	My psych told me that I need to write a list in the morning of things I want to achieve for the day. I try and make sure each list has something 'nice' for myself.
tyme (PSW/ Moderator)	I think connecting with people helps us work around some of these barriers. Connecting may mean we a different perspective is shared which we wouldn't be able to see otherwise.
Meggle	Yes I love connecting here on the forums too. It helps me with the loneliness.
tyme (PSW/ Moderator)	Sounds lovely @snowie!
Amber22 (PSW)	That is such a great idea, I should start doing that @Snowie !
Amber22 (PSW)	The forums can be really helpful with that @Meggle :)
Snowie	@tyme (PSW/ Moderator) I think connecting with others is a big one. Especially when we can relate to each other
tyme (PSW/ Moderator)	Adding on to @Snowie, I find having lists provides some accountable for me for the day. It helps me get things done.
Shaz51	What might be some possible ways to work around the barriers ----- now being on the DSP myself , Sane forum I love
Snowdragon	Self esteem....great insight @Meggle
tyme (PSW/ Moderator)	For me, it has been a balance of doing meaningful things and doing the things I 'have to'

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Amber22 (PSW)	Sometimes I put meaningful things onto my to-do list so that I feel as if they are just as important as other tasks (because they really should be)
Shaz51	for us cutting back on our workload has helped us both with my husband's MI and my physical problems so much that when the unexpected happens it is not as bad to cope with
Snowdragon	It's taken this old fossil a long time to realise the importance of doing things for yourself. Big or small, we just need to chip away each day
Amber22 (PSW)	That's great! @Snowie Couldn't agree more @Snowdragon
Shaz51	yes my mr shaz is still learning that we don't have to work soo hard and to do things all the time --- to starting spending time doing we like
Snowie	Another thing my psych told me to do is read 'my grateful' list each day. She had me write one in one of our sessions. Have a list of things I am grateful. They don't have to be big things, it could be as small as 'I am grateful for my morning coffee!, I am grateful for my kids, etc'
Snowdragon	@Snowie I sometimes take photos of what brings me gratitude. You're idea - just photo form
Amber22 (PSW)	@Shaz51 I'm glad you have that insight that can help Mr Shaz not work too much, and rather do things that make him feel good
Amber22 (PSW)	I am loving these ideas!! @Snowie
Snowdragon	Q5: What do you think the benefits or positive impacts on your life may be when you are engaging in meaningful things?
Snowie	@Amber22 (PSW) my psych likes lists!!
Meggle	I certainly feel happier and more fulfilled when engaging in meaningful things
Snowie	Most importantly to me is that I think I am a better mother when I engage in meaningful things
Amber22 (PSW)	When I am engaging in meaningful things regularly it makes me feel a lot more connected to myself and the world around me. I feel a lot more relaxed, and I get a lot less anxious in my everyday life.

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Shaz51	feeling happy , content feeling more connected to life and family
Meggle	I think it's important to feel like you are engaging in meaningful things. Important to your connectivity with people and your emotions etc
tyme (PSW/ Moderator)	Welcome MessyLife!!!!
Amber22 (PSW)	Hey! MessyLife! Just in time for our last few questions :)
tyme (PSW/ Moderator)	I feel absolutely ENERGIZED when I am engaging in meaningful things. So much so I can go on and on and on... so then it is about when to stop!
Messylife	Hi. Better late than never
tyme (PSW/ Moderator)	Of course Messylife. Great to have you with us
Messylife	Q5 feel less useless
Amber22 (PSW)	Feeling connected is a great one! I certainly feel more connected to my family @Shaz51 @Meggle
Snowdragon	Q6: What meaningful things might you like to work toward engaging in more in your life?
Meggle	Making more friends and seeing them socially more often
Messylife	Having a laugh. Playing games with the kids.
Meggle	Getting more involved here in the forums too
Amber22 (PSW)	Allowing myself to have some more rest, and doing things that I enjoy such as reading, or going for more walks. I think the overall feeling of feeling as if I can take the time for myself, even during a busy period of life.
tyme (PSW/ Moderator)	I agree Messylife and Meggle. I could do both of those things!

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Meggle	That's a good one @Amber22 (PSW) I need to make more time for reading
Amber22 (PSW)	Lovely ideas! @Messylife @Meggle
Amber22 (PSW)	I always feel so relaxed after reading for a bit, but actually letting myself sit down and do it is always tricky @Meggle
Meggle	I have plenty of books in my TBR pile
Messylife	I would like to appreciate the little things more and ignore the mess
Amber22 (PSW)	Which one are you going to start with? Maybe we can both have a read after this chat @Meggle
Amber22 (PSW)	That sounds great :) @Messylife Me too
tyme (PSW/ Moderator)	I'm also going to work on prioritising and reminding myself that work will always be there :)
Meggle	I am reading the Wheel of Time series and another book I can't remember the name of
Snowie	Spending more quality time with my kids, making time for myself, getting out of the house
Shaz51	allowing myself to catch my breath, am just feeling soo awww at the moment, so it will be good only working for the morning tomorrow
Meggle	Hugs to you @Shaz51
Amber22 (PSW)	Sending you lots of hugs, you can get through this @Shaz51
Shaz51	thank you @Meggle , @Amber22 (PSW)
Meggle	I think I would like to work more on my gardening
Messylife	I need to stop making lists
Shaz51	ahh do some more repotting pot plants, have a coffee out in the garden
Meggle	sounds great @Shaz51
Messylife	Plant my seedlings before they die!
Amber22 (PSW)	Looks like we have lots of gardeners in this chat tonight :)
Snowie	As I said just getting out of the house more often. Taking the dog for a walk every day.
Meggle	I love watching things grow. It grows hope for the future
Messylife	Go to the beach
Amber22 (PSW)	Aw that's lovely @Meggle

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Amber22 (PSW)	What kind of dog do you have? @Snowie
tyme (PSW/ Moderator)	Sounds like a lot of us are nature-driven :)
Snowie	@Amber22 (PSW) I have a cavoodle
Messylife	I am making jam tomorrow from my one rosella bush I managed to plant out
Meggle	@Shaz51 has some beautiful plants in her garden. I love nature. Walks in the forest are my favourite
Meggle	stick a u in there
Amber22 (PSW)	Oh wow! @Messylife
Shaz51	oh yes @tyme (PSW/ Moderator), nature is sooo relaxing
Meggle	stupid American keyboard
Snowdragon	Q7: How could you go about making time for these meaningful things and/or incorporating them into your life?
Messylife	I am bushwalking on Saturday
Meggle	I need to lose weight and get fitter so I can go hiking again
tyme (PSW/ Moderator)	Q7: I'd make myself accountable by taking someone with me!
Shaz51	yes @Meggle in the Community garden thread on the forum @Amber22 (PSW) , @tyme (PSW/ Moderator)
Messylife	I rescheduled work to go
Meggle	I love hiking
Amber22 (PSW)	I think I could schedule them in to keep myself accountable to do them. I find that my meaningful things can sometimes get put on the back end of things that I do because I have other things to get done, but I really want to focus on creating some designated time for myself and prioritising more meaningful things in my everyday life.
Meggle	I wonder if there is a beginners photography club. I wouldn't mind learning

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Meggle	My sister does a lot of photography but we are not close
Shaz51	making time for doing something together and sticking to it and keeping our fingers crossed
Messylife	I have to drop something else to do me. I may be late getting my study completed or miss out on a shift at work.
Messylife	I used to make myself go walking but lately I am just too lazy.
Shaz51	there might be one near you @Meggle and another way is taking photos at every opportunity will help you
Meggle	Just need to get motivated to do things. I have plenty of time
Snowdragon	@Meggle, sometimes when we are time poor, it could be just a 5-10min self gift. A coffee/tea / time in the sun etc. small things add up
Meggle	I miss the sun. It has been cold lately
Amber22 (PSW)	It has been very cold the last week or so! @Meggle
Messylife	Medicine sunshine. By the water.
Shaz51	that`s it @Snowdragon
Meggle	I live really close to the ocean but I am more a forest girl
tyme (PSW/ Moderator)	I'm more a water person
Shaz51	ha ha can you believe it was 15 degrees here Tuesday night here wow
Messylife	I am both. Moving water has positive ions that just recharge me.
Meggle	Funnily enough I love camping but unfortunately hubby hates it so we never do it
Messylife	As do trees. I need a good forest regularly
Amber22 (PSW)	I sometimes just go outside and lie in the grass in my garden, I think the sun makes me feel a lot better when I'm having a tough day
Shaz51	I love water, rivers creeks, animals, plants, dragonflies, birds, butterflies etc etc
Messylife	Hammock break with a coffee
Messylife	Or beer
Meggle	Don't spill the coffee on yourself @Messylife
Meggle	sounds dangerous

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	Q: 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?
Snowdragon	
Messylife	Lol. I am made of asbestos
Shaz51	@Amber22 (PSW) I used to do that with the kids when they were young, a mattress under the tree in the backyard looking at the clouds and having a picnic , awwwww lovely
Meggle	Yes I love cloud watching
Amber22 (PSW)	Aww I love that!! @Shaz51 :)
Snowie	I learnt that I need to make time for myself everyday just to do something nice. Could be as little as sitting outside and having a coffee.
Meggle	I learnt that it's great to put your meaningful things into an actual do list
Amber22 (PSW)	I learnt that everyone's meaningful things are different, but they all make us feel great
Shaz51	same here @Snowie , just need to put it into my daily life
Meggle	I learnt that meaningful things are just as important as air
Messylife	I need to just do meaningful things. Make the time.
Amber22 (PSW)	That's a great way to put it!! @Meggle
Amber22 (PSW)	Yep! Sometimes it takes that little bit more effort to do it, but it always makes us feel so much better afterwards @Messylife
	Q: Tonight's topic may have brought up some heavy feelings as we talked about what brings us meaning in our lives, and this may have brought up some complex feelings for some. Would some self-care be helpful for you after we finish? If so, what might you do?
Snowdragon	
Amber22 (PSW)	A cup of tea for me :)
Meggle	I am going to sit down with hubby who just got home from work during this discussion and have a chat and unwind from today
Snowie	PJ's, bed, cup of tea and writing in my journal
Amber22 (PSW)	Journalling! That's a great idea @Snowie

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Shaz51	a hot shower and a cup of coffee , no water last night , the bathroom pipe busted and water everyway , what a mess
Meggle	Look for @tyme (PSW/ Moderator) answer to me as well lol
Snowie	@Amber22 (PSW) I try and write in my journal every night.
Messylife	Pretty much the same as snowie.
Meggle	oh dear @Shaz51
Amber22 (PSW)	Oh no!! @Shaz51
Meggle	It never rains it pours @Shaz51
Shaz51	all fixed @Meggle , @Amber22 (PSW) , now
Meggle	that's good
Snowdragon	<p>Here are some further resources we recommend having a look at:</p> <p>1 'Soul' Movie Trailer: https://www.youtube.com/watch?v=OBh-Y2SiOtc</p> <p>2 'Soul' Movie Creators on Passion, Purpose, and realising you're enough: https://www.npr.org/2021/03/23/980275234/soul-creators-on-passion-purpose-and-realizing-youre-enough#:~:text=Docter%20says%20the%20film's%20message,And%20that's%20really%20freeing.%22</p> <p>3 On what may make life meaningful https://www.youtube.com/watch?v=RLFVoEF2RIO</p>
Amber22 (PSW)	Really recommend the movie soul!! ^^
Messylife	I might head to YouTube now! Thanks
Shaz51	thank you @Amber22 (PSW) , @Snowdragon , @tyme (PSW/ Moderator) for tonight xx
tyme (PSW/ Moderator)	And thank YOU!
Amber22 (PSW)	Thank you for coming everyone!! :)
tyme (PSW/ Moderator)	We really appreciate having you all with us this evening.
Snowie	thank you

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Meggle	Thanks to @Amber22 (PSW) @Snowdragon and @tyme (PSW/ Moderator) for facilitating this discussion. We all really appreciate your time and efforts
Messylife	Take care everyone and Ty for sharing.
Meggle	Goodnight everyone
Shaz51	goodnight everyone
Snowdragon	Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-What-Brings-Life-Meaning-Thursday-11th-May-2023/m-p/1292352#M331525 Keep an eye out for the next Peer Group Chat discussion about 'Songs as Soundtracks'. If you'd like to be informed about future Peer Group Chats, 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
Amber22 (PSW)	Goodnight everyone! :)