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Peer Group Chat

Date: 06/10/2022

Title: Getting Grateful for Good Things

Description: Being more consciously aware of good things happening within our days can have an impact on how we live our lives. Let's come together to talk about positive experiences and share what we're most grateful for.

PurplePanther (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 Getting Grateful for Good Things.
PurplePanther (PSW)	Tonight, Peer Support Workers @Girasole and @PurplePanther will be facilitating a discussion around the topic of Getting Grateful for Good Things . Whether you have lived experience of complex mental health issues, you care for someone who does, or both, It's important to remember to take some time to think about the things we can be thankful for in our lives. 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 our experiences and our wellbeing @Otter who moderates on the SANE Forums, is working behind

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	<p>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) or message @Otter. We're looking forward to creating a space where we can reflect and learn more together about Getting Grateful for Good Things.</p>
PurplePanther (PSW)	<p>Within this group tonight we'll be talking about: What gratitude looks like for you How we can find ways to incorporate more gratitude into our lives How practicing gratitude has had an impact on your life</p>
PurplePanther (PSW)	<p>We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join 😊</p>
PurplePanther (PSW)	<p>Welcome everyone! Feel free to introduce yourselves. I'm @PurplePanther</p>
PurplePanther (PSW)	<p>Gratitude can take on different meanings for different people. What does gratitude mean for you?</p>
Girasole (Peer Worker)	<p>I think when I hear "gratitude," what comes to mind is its use in conversations about general mental health, which usually isn't in the context of complex mental health. Because of this, I initially felt sceptical about its value. But, I think mindfully acknowledging what we have to be grateful for is both possible and valuable for everyone. They don't have to be big things (it could just be good weather!), though they can of course be bigger things (e.g. like a good relationship, or a valuable experience)</p>
PurplePanther (PSW)	<p>If you're someone who has engaged in some form of gratitude, what's that been like for you? Or, if you haven't engaged in a gratitude practice before, what do you imagine the benefits of engaging in gratitude might be?</p>
Girasole (Peer Worker)	<p>The value I see is that it can go against common effects of trauma, depression, anxiety, etc (biasing our perception of the world to perhaps pay more attention to the negative, or to interpret the neutral as negative). Instead, we consciously remind ourselves of the good. I think that's valuable to maintain a balanced view of the world- I rarely find that things are 100% bad, with zero good. By reminding ourselves of the good, it can help give us hope that we can get manage to through the bad, or that there might be good on the other side of the bad.</p>

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PurplePanther (PSW)	I sometimes find it gives a bit perspective, when I feel there are a lot of things in my life I wish were different
Girasole (Peer Worker)	Hi @Snowie ! Welcome, great to see you here :)
Otter (Moderator)	Welcome Snowie!
Snowie	My psych talks to me about gratitude. I don't think I have engaged in it however. I try to but find it hard to be grateful for anything at the moment
Girasole (Peer Worker)	@Snowie sometimes it can definitely be harder than others. I hope tonight's conversation will be helpful :purple_heart:
PurplePanther (PSW)	Sometimes, gratitude can arise out of the absence of someone or something. Does anyone have any thoughts to share on why that might be?
Girasole (Peer Worker)	Once something bad is out of our life, we can definitely feel grateful! E.g., I'm currently experiencing some issues with my real estate that are causing a lot of stress, so I'll be very grateful once everything's finally done and I can move on! Also, things like leaving bad relationships behind us - this absence of something once part of our lives can reflect a lot of growth and healing, so that's another thing to be grateful for
PurplePanther (PSW)	Or someone you don't see very often. When they visit and then leave, I find I am more grateful when I miss them after they have gone. Even if they were causing stress when they were here!
PurplePanther (PSW)	My tv was broken for a little while (actually it wasn't, I just thought it was). I was very grateful when it got fixed up and I could watch it again
PurplePanther (PSW)	Gratitude can also be looking back on little things, like an experience or a small gesture, that may turn out to be a bit bigger than you'd originally thought looking back. What are you grateful for, looking back on it?

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Girasole (Peer Worker)	Probably a lot of things, to be honest! The support of other people in my life when I've really needed it; the random chance involved in crossing paths with someone, and from that, developing a lifelong friendship or relationship; opportunities that came up that ended up being invaluable to my life experiences...
Snowie	I am grateful for the support my husband gives me. For him just asking how I am and not judging me
Amber22 (PSW)	I agree! Definitely looking back on situations I am really grateful for certain people in my life at certain times. It really does make a difference
Girasole (Peer Worker)	That's so good to have that genuine type of support @Snowie <3 It's an interesting theme I've noticed among what we've said so far, that we're grateful for other people in our lives :)
PurplePanther (PSW)	I think there have been times when I have made a small discovery, like a new hobby, or skill, or favourite show, just by accident, and it's turned out to become a lifeline interest
Amber22 (PSW)	Yes definitely, the butterfly effect is definitely very true in this topic!
Girasole (Peer Worker)	It's so interesting to think that if one little thing was done a bit differently in our lives earlier, our life now could look very different (e.g. not having a treasured hobby, not knowing someone valuable to us)
Amber22 (PSW)	It really is. It makes me very grateful all the little things that have happened to make my life what it is now!
PurplePanther (PSW)	If you were to try to incorporate gratitude regularly into your life, what do you think that might look like for you?
Girasole (Peer Worker)	I do like the idea of taking all the time needed to more deeply reflect alone, but it can also be social- e.g. when someone checks in about how I'm doing, sharing something I'm currently grateful for - at any time, but especially if I'm not doing great.
PurplePanther (PSW)	Some people keep a gratitude journal, and I have thought of doing that.

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Otter (Moderator)	That sounds so valuable @Girasole (Peer Worker) - I think gratitude can be really contagious
Amber22 (PSW)	I try and write three things that I am grateful for every day (even if they are really simple) and it really helps my mood. Some days it can be big things that are happening like events or seeing someone I haven't seen for a while, and some days it is as simple as the weather.
PurplePanther (PSW)	@Amber22 (PSW) I think it's good to have those visual reminders sometimes
Snowie	I like that idea Amber22. I think just trying to be grateful for little things might be a good start
Otter (Moderator)	True @PurplePanther (PSW) - I love a good photo wall/collage
Amber22 (PSW)	Yes exactly @Snowie , I find that even if it's something small, it helps to brighten my mood a little bit :)
Girasole (Peer Worker)	so true @Snowie , gratitude doesn't have to be about big things at all. I think its a great idea to try and be more mindful of the little things :)
PurplePanther (PSW)	I've known people who stick post-it notes around the place, like on the bathroom mirror to remind themselves
PurplePanther (PSW)	Have you ever thought about sharing gratitude with someone else? What could that look like?
Girasole (Peer Worker)	also I think simply talking about gratitude (like we are here) is helpful... e.g. in the lead-up to this group, I've already noticed I've become more mindful in the moment of things I'm grateful for
Amber22 (PSW)	My partner and I often discuss things that we are grateful for when we remember to do so. I really like doing this as it makes both of us a lot more mindful of the good things in our days.

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Girasole (Peer Worker)	I really like that @Amber22 (PSW) ! :) What a nice idea
Snowie	I think I try and show gratitude to my kids, or I hope I do anyway. I always tell them I am proud of them , give them lots of hugs and just generally tell them that they are special to me.
Amber22 (PSW)	Thats lovely @Snowie !
Snowie	I often find I can show gratitude to others quite easily but showing gratitude towards myself is super difficult.
Girasole (Peer Worker)	That's wonderful about your kids @Snowie :blue_heart: I am sure that they would feel that love, and your support would have a very positive impact on them
Amber22 (PSW)	It can definitely be a little bit trickier being grateful for yourself, than it is to be grateful for others/other things in your life. Sometimes being grateful for yourself can look different, like doing self care, or doing things that you like. Verbal gratitude is not the only gratitude! :)
Girasole (Peer Worker)	I can understand that, @Snowie :purple_heart: I do think its something we can slowly grow to get better at, though, with time. In case you're at all feeling stuck for ideas tonight, I think you could be grateful for your commitment to your own wellbeing, recovery, and growth by being here tonight, and being engaged with supports more generally, including the Forums community :blush:
PurplePanther (PSW)	I try to make sure I have small things that are mine that I can be grateful for. Like a snuggly blanket in winter, or taking the time to make a nice hot drink or something that makes me feel comforted. I think that's a way to be able to have gratitude in yourself, if you can't necessarily find it directed at yourself
PurplePanther (PSW)	If you had to name just one thing (more if you'd really like to), and it doesn't matter how tiny it seems, what are you grateful for today?
Otter (Moderator)	My cat sitting with me all day while WFH

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Snowie	I am grateful for my dog. She has sat by myside all day today
Amber22 (PSW)	Very grateful for my dog too @Snowie !
PurplePanther (PSW)	@Otter (Moderator) I am grateful for that too!
Girasole (Peer Worker)	I'm grateful that I recently improved my living situation. Even though there's been a lot of associated stress (as there usually is with moving), it is certainly going to be worth it in the end :blush:
Girasole (Peer Worker)	I also enjoyed some delicious leftovers for lunch :) Something I hadn't had in a while! A Thai red curry
PurplePanther (PSW)	Actually, my cat again.
Girasole (Peer Worker)	I'm just noticing that reflecting on all these nice things has left me feeling in a good mood :)
Amber22 (PSW)	Me too @Girasole (Peer Worker) :)
PurplePanther (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?
Otter (Moderator)	Cats are the best
Girasole (Peer Worker)	@Amber22 (PSW) I also liked your idea of occasionally reflecting on things to be grateful for with a partner/friend/etc :) I think that's something I'd like to try with my partner

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Otter (Moderator)	Yeah I think the idea of putting time aside to do that in particular with someone is awesome!
Girasole (Peer Worker)	And there was a good reminder that gratitude journals exist- I'd like to try one of those out too :)
PurplePanther (PSW)	Tonight's topic may have brought up some heavy feelings as we talked about our past experiences and reflected upon those. Would some self-care be helpful for you after we finish? If so, what might you do? 😊
Girasole (Peer Worker)	I might make myself a nice cup of tea :) And make sure I get a good night's sleep
Amber22 (PSW)	Yes, self care is always great. I think I am going to have a nice hot bath to wind down after today
PurplePanther (PSW)	Here are some further resources we recommend having a look at: 1: The Neuroscience of Gratitude and Effects on the Brain https://positivepsychology.com/neuroscience-of-gratitude/#:%7E:text=When%20we%20express%20gratitude%20and,feel%20happy%20from%20the%20inside 2: 14 Benefits of Practising Gratitude https://positivepsychology.com/benefits-of-gratitude/ 3: The Gratitude Experiment https://www.youtube.com/watch?v=U5IZBjWDR_c
PurplePanther (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!
Girasole (Peer Worker)	Thank you everyone for sharing your thoughts :blush: Take care and have a good evening
Amber22 (PSW)	Thank you!

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Otter (Moderator)	Thanks everyone!
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