

# SANE AUSTRALIA

## SANE Australia Mental Health Meet-Up

Date: 29/07/2021

**Title:** Creativity & Wellness

**Description:** You don't necessarily have to think of yourself as a creative person to benefit from creativity relating to your mental health! Being creative can be a good source of general self-care and wellbeing, and it can also be used as a coping strategy or outlet for strong emotions. You may also benefit from thinking creatively about navigating difficult times, that is- thinking outside the box and doing things a little differently. Join us for a group chat where we can share ideas and learn from each other.

**Girasole (Peer Worker)** Hi everyone! Welcome everyone to today's Peer Group Chat talking about creativity!

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. This always was and always will be Aboriginal land.

This is a new peer support service we are running! Because of this, we really value your thoughts on how it goes, so we will send a link to a short survey at the end of this chat 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 access the survey here now: [https://sane.au1.qualtrics.com/jfe/form/SV\\_5uUF0sHJRKQ6wyW](https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW)

Tonight, peer support workers @Girasole and @HappyCastle will be facilitating a discussion around the topic of creativity. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, anyone can benefit from thinking about how creativity relates to their 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. Some of the conversation could be heavy in nature as we may talk about our mental health struggles. @Pisces\_1, who moderates on the SANE Forums, 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>). If you can't find an answer to your question there, please message @Pisces\_1 directly. We're looking forward to creating a space where we can reflect and learn together and expand our ideas of creativity and mental health! Lastly, just so you are aware, the transcript of this group will be made available for download afterwards on SANE's Peer Support website.

**Girasole (Peer Worker)**  
**HappyCastle (PSW)**  
adge

Hi @hkfhkhf! Welcome 😊

Hi @hkfhkhf hi @adge! Welcome

Hi everyone. Hi @HappyCastle Hi @Girasole

**Girasole (Peer Worker)** Great to see you @adge :)  
**HappyCastle (PSW)** Hey @Apc, nice to see you  
Apc Hello everyone  
**Girasole (Peer Worker)** Welcome everyone! We'll be starting the discussion shortly, and will just allow a tiny bit more time for people to log on and join  
**Girasole (Peer Worker)** **Ok, let's get the discussion going! What does creativity mean to you? What does it look like? :)**  
**HappyCastle (PSW)** Hey @Judi9877  
**HappyCastle (PSW)** Creativity to me involves so many different things! What comes to mind for me is art and music. How about everyone else?  
**Girasole (Peer Worker)** Hi @EleanroRigby! Welcome 😊  
Judi9877 Hi everyone! A little late to the party but I'm here!  
adge Well my only main creativity has been (past) - When designing & planting new Gardens, including my own  
**HappyCastle (PSW)** Welcome @Shaz51, so glad you could join us tonight  
adge My only creative outlet (virtually) has been with growing plants  
Shaz51 ha ha hello @HappyCastle (PSW)  
adge & keeping unusual & hard to get types of Birds - Mostly exotic birds  
pisces\_1 (Moderator) Hey everyone :) I love to paint and sing  
**HappyCastle (PSW)** Oh great @adge, I really like the connection between nature and creativity  
Shaz51 creativity can be in cooking , gardening , potting new plants  
Apc Creativity to me is doing something I am good at as a bi of a crafty person, love gardening but can't do that where I am currently living this just helps me connect with nature and can just block out everyone and everything and-† just feel blah in my own world  
Judi9877 Creativity means to me having fun with materials like wool, pencils, paper, photography, paint, etc, and letting your mind run wild. I like knitting, crochet, drawing, writing and photography  
EleanroRigby Hi everyone! Creativity is good for my brain and mental health. It is engaging and learning. That is how I challenge myself. I am learning guitar, I have a balcony garden, do creative writing and crochet.  
Shaz51 @pisces\_1 (Moderator)sounds good  
**HappyCastle (PSW)** @EleanroRigby Crochet is such a lovely way to be creative!

Judi9877

**Girasole (Peer Worker)**

I love crochet EleanroRigby!

**Nice! It sounds like everyone has some great creative things they like to do :) A next question for everyone - Creativity and creative outlets can be quite therapeutic. Have you ever had or thought about creativity as a therapeutic tool? What does this look like for you?**

**HappyCastle (PSW)**

pisces\_1 (Moderator)

**HappyCastle (PSW)**

**Girasole (Peer Worker)**

Judi9877

Welcome @Bow!

Hi @Bow

:smiley:

Welcome @Tkaye! :)

Creativity for me has been very therapeutic, especially with knitting and crochet. I find that there are certain times when knitting a beanie is the perfect stress reliever for me, especially since I know it often goes to charity. Writing in a journal also helps me calm down and express myself

adge

Oh Yes Journal Writing @Judi9877

adge

I do a lot of daily Journal Writing....

**HappyCastle (PSW)**

I think creativity can be really therapeutic. One of the best things for my mental health is to dance around like no one is watching. It really helps get me out of my head.

Tkaye

I think a lot of creative outlets can be good for expressing difficult things

EleanroRigby

Absolutely. When down, I ask myself "is what I'm doing good for my brain?" If the answer is no, I pick up my guitar or start writing. Medication helps but you're not living unless you are bringing something to life. When I have been hospitalised, I am fortunate my Brother brought in things to do to keep me occupied as there is so much down time.

Shaz51

creativity is really therapeutic wne it come to daily events

UTLAU

It took me 20 minutes to get in here, and now it wont let me scroll back to see what I missed ... very user unfriendly interface ... sigh

Tkaye

Good point about it being good for your brain! I suppose being creative is just good in general for our brain and that health would reflect onto our general wellbeing

**Girasole (Peer Worker)**

For myself- not very often, but sometimes I have translated strong feelings into a poem or visual form. They're not the kinds of things I talk about much because I guess I don't consider them "good" enough to share with others. But I don't think the point is to create something of high artistic quality. Just the process of getting emotions out in an expressive way is helpful- that's the point. (It's a bonus that it can

be something of creative value/a work of art- the fact that something of beauty can come from awful times is pretty amazing)

HappyCastle (PSW)

Sorry to hear you had a hard time getting in @UTLAU. Glad you could make it in, it's great to have you here

Judi9877

When I've had my admissions to PARCS, my knitting is one of the first things I pack! That and a notebook and pen to write things down! You never know what's going to happen and knitting is a great conversation starter. -†

HappyCastle (PSW)

@Judi9877-†Such a good conversation starter. I hadn't really thought of social benefits. That's great Apc, I also like cross stitching but don't have as much time for it now as I'd like due to studying at uni and Tafe. I've got a cat wedding sampler to stitch for my best friend to do soon.

Judi9877

@HappyCastle, I used to take my knitting to shopping centres and knit when my housemate went and shopped before COVID-19 came. It really sparked conversations, especially with the older people.

Judi9877

EleanroRigby

It is great for when you are on the phone or on hold to call centers. Lots of time to practice, lol.

HappyCastle (PSW)

That's such a wonderful thing, especially to be able to provide people who might not usually be able to initiate conversations as easily

UTLAU

I have been creative for as long as I can remember ... used to do pottery and other stuff as a teenager, I wrote a lot of poetry in my late teens/early 20s, and some since, also sewed a few things with felt, and did woodwork and stuff at school instead of "girls craft" (sewing and cooking) because Mum could teach me to cook and sew, but Dad didnt have all the fancy tools, woodwork lathes, metal lathes and a supply of arylc sheets and machines to fold/cut them with 😊 ... I now mostly do textile and fibre art - quilting, crochet basket making etc ... but I will happily dabble in anything creative ... and I find creating stuff to be very theraputic :)

Girasole (Peer Worker)

**Next question for tonight - Creativity isn't all necessarily about being creative- an appreciation of creativity can be just as beneficial to our mental health and self-care. That is, enjoying the creativity of others in ways like listening to music, watching a film or TV show, or reading a book. What do you gain from creativity, either your own or enjoying someone else's?**

Apc

Wow @judi9877 that's a really great thing to do would never have thought of that, but I often take cross stitch with me when staying with family and do take when away from home for work

EleanroRigby

My guitar playing is also helping me curb my urge to spend as I am saving to buy a really good guitar, though there is some irony in that statement. I have Bi Polar 1 so tend to spend money like I have a trust fund.

**HappyCastle (PSW)** @UTLAU such a great variety of creative outlets. I like the idea of basket making and can imagine how therapeutic that could be

Tkaye It can be nice for example to listen to songs and relate to the lyrics, or see your experiences reflected in a book. I think creativity brings people together and we can all find comfort in relating to each other

Judi9877 I love how people can garden and grow flowers as well as people who can paint, knowing that It's not for me. I still get inspired by their skills though and love seeing what gets produced. Each person is creative in their own way, at something!

Judi9877 I also like how people can sing and write songs as I often get creative inspiration from them as well.

Shaz51 I know , my mum used to be able to grow anything from something , I don't have a green thumb like my mum xx@Judi9877

UTLAU I am late diagnosed (as in 4 years ago at age 54) Autistic, and also diagnosed with ADHD after that ... so my teenage years were rather ... interesting ... LOL→† - the poetry I used to write was probably me trying to make sense of the world, and my feelings ... and it was very interesting to read some of it after I was diagnosed Autistic, and had read/learnt a lot more about Autism - I saw things I had written and realised I now knew why I had felt like that, and/or realised that I had felt things and struggled with things that I didn't understand at the time, and had forgotten about ...

Shaz51 I have done pottery, machamine, cake decorations

EleanroRigby It inspires me. I am reading a book by Stephen King on how to be a Writer and he says you must also be a reader to learn the craft. Just this afternoon I put the headphones on and sang my way around our local park while walking my dog Squeak. It simply made me feel good. The tip for growing plants is to get cuttings from friends and start with succulents that are hard to kill. You'll have a garden in no time. That was how I started and now it is my haven.

UTLAU "basket making 101" ... lol

**HappyCastle (PSW)** Hey @Vimes, welcome! We are having a chat about our creative outlets and it's benefits

**Girasole (Peer Worker)** **Creativity can create connection through communities of people who create together (poetry circles or life drawing, for example), or have a shared enjoyment of someone else's creativity (e.g a band's fanbase, book clubs). Have you found yourself part of such a community? If so, what has that experience been like for you?**

Shaz51 I love growing succulents and I love cooking

**HappyCastle (PSW)** Creativity in the kitchen is always fun. I recently made a giant Portuguese tart. It was really relaxing and wonderful to put the energy and effort into  
Shaz51 yummmm @HappyCastle (PSW)  
Judi9877 I used to go to a knitting group at the library but didn't like it as the people would criticise other people's items they donated for charity. They didn't see the hard work that each person had put in and I felt disrespected. I now prefer to knit alone.  
Tkaye I'm in a circle of writers and it's nice knowing like-minded people, bouncing ideas off each other, inspiring and motivating each other  
EleanroRigby At this point everything I do is on my own. There is a social networking site where there are a lot of groups but I have either been working or they are hard to get to. I use my journal to record what I do and am just exploring adding video. What is really funny is my dog, when she has had enough of my guitar playing, she turns in the other directionXD  
**HappyCastle (PSW)** Oh @Judi9877 I'm sorry to hear that was your experience. Happy you still get to enjoy what you like doing at home though  
**HappyCastle (PSW)** If anyone likes book clubs, I have often joined Off The Wall reading group in the past. It's a wonderful space for people living with complex mental health issues  
Judi9877 On a positive side, I do share photos of my work on Facebook and other social media platforms and have had a better response.  
Shaz51 sharing what you make like a bacon and egg pie or a spinach and feta quiche is the best  
UTLAU I discovered a few crafty groups on the online forums that used to be around in the early 1990's ... rec.crafts.textiles.quilting was one ... had a read because Mum was making quilts (still does) and answered somebody ... and got told about an Australian online quilt group - joined that ... realised there were a lot of Canberra people on there, so I went along to Canberra Quilters to meet them ... joined that ... and it was fantastic - I realised, after a while, that I was finally part of something where I felt I ... at least partly ... belonged .... and when my husband left me in 2013 I discovered that some of the people I knew in that group actually liked me and cared about me ...  
Shaz51 your works are really great @Judi9877  
EleanroRigby I start a new job on Tuesday (very excited and fortunate) and they have a book club and dog owners club.  
Judi9877 Thanks for your kind words @Shaz51

**HappyCastle (PSW)**

UTLAU

wow @EleanroRigby that sounds great (and a massive congratulations on the new job)  
there are a few knitting and/or crochet groups on Facebook that are quite friendly and accepting of anyone ... I go to them sometimes, but lately I am too busy doing other things, or just trying to keep up with life ..

**Girasole (Peer Worker)**

**Next question everyone :) Divergent thinking- that is, thinking differently or thinking outside the box- can be another form of creativity. What do you imagine thinking about or doing things a little differently could look like in your life? Or, if you've ever thought about or done something a little differently, what was that experience like for you?**

UTLAU

cooking is usually a good conversation starter/topic too :)

UTLAU

I am Autistic - what box? - lol

UTLAU

doing things differently IS my life :)

Judi9877

I often think that if I hadn't developed my mental illnesses that I might not have become as creative as I have. I do know that when I first got diagnosed, my creative streak started to really come alive, especially with bright colours and photography. Weird huh?

**HappyCastle (PSW)**

BPDSurvivor

@Judi9877 That's very relatable to me too

Hi everyone! Sorry I'm late. Better than never. In terms of thinking outside the box. I think it's my personality. I don't like don't things the same way, and always think of new exciting ways. Sometimes it works, sometimes it doesn't.

**HappyCastle (PSW)**

BPDSurvivor

@Bpdsurvivor Absolutely better late than ever, welcome

My divergent thinking, dates back to my childhood days. It was seen as, rebelling, and disobeying, but I just liked doing things, different

Shaz51

In terms of thinking outside the box, we went self employed

Tkaye

Thinking outside the box has given me a lot of, hacks, with my mental health. like eg changing bedsheets used to annoy me and i used to put off changing them for months at a time, then it occurred to me (as a compromise, not permanently of course) that when i want clean sheets, i can just put new sheets right on top of the old ones instead of swapping them. Not practical in the long term of course, but a good little hack when I'm feeling too low to change them but still want that clean feeling

Zoe7

Not weird at all @Judi9877 Our emotional mind is closely related to our creative one so with heightened emotions our creativity is often increased.



BPDSurvivor For a spelling test, we were told we MUST write across the page with commas in between each word. I intentionally, disobeyed, because I wanted my words in neat columns down the page

BPDSurvivor @shaz51, I totally agree. Hence I have my own business too

UTLAU I have had Anxiety probably for most of my life, and most likely depression for a fair bit of it too ... but I didn't know that what I felt was anxiety or depression ... I thought anxiety meant panic attacks, which I don't have (I get worked up about stuff, and overthink things, etc) ... it was after my Autism (what used to be called Aspergers) diagnosis that I found out that a lot of what I feel/etc is because of anxiety ...

Tkaye I too feel more creative when I'm feeling down

BPDSurvivor Interesting @tkaye

Shaz51 @Bpdsurvivorgoing self employment has been the best thing we ever did for my mr shaz

BPDSurvivor When I'm down, I don't wanted to do anything but sleep with the hope the sadness goes away.

BPDSurvivor @Shaz51 yep! I love the flexibility and I'm my own boss.

Judi9877 Wow @Zoe7 Thanks for sharing that wonderful bit of information. I didn't know this, but it does make sense as when I'm upset or angry, Taylor Swift and her Reputation album always comes to mind to play for me.

Apc I would love to do other things but unfortunately at the point where that may not be possible, so will need to rethink what I can cope with physically ...

UTLAU I have always been proud of being different, even when I didn't know why ... but I never understood why people didn't like me as I am, until recently - lol

BPDSurvivor Agreed @UTLAU! I love being different!

BPDSurvivor I love trying new things. Not for name or fame, but because moving forward is about innovation and creativity.

Zoe7 @Judi9877 It is not unusual for those with mental illnesses to be creative in that regard as that creativity is often vey much heightened when we are also feeling intense emotions.

**HappyCastle (PSW)** @Heartful, welcome to the group!

Tkaye Well i find that my art seems to be a lot more expressive and abstract when I'm down, and less likely to be consistent. Unless I'm feeling reeeeeeally down in which case it's a struggle and i just get annoyed and frustrated really quick

BPDSurvivor My job is all about innovation in order to solve problems. And that is relatable to mental health too. If something is not working, find a creative way to solve the problem

BPDSurvivor  
Shaz51  
UTLAU

Hi @Zoe7, you should be full of creative ideas as an art teacher?  
the flexibility is great and is helpful and where we can be creative  
I also have Alexithymia - dont always understand my own emotions, or other peoples ... but I do have empathy and will often feel an emotion someone else is expressing but not understand why I feel like that ... and my own emotions are very all or nothing, and run off in all directions and do their own thing, but forget to cc me into the email

EleanroRigby

My conditions mean I do things differently to others and am not risk adverse. What I have done recently was work really hard to get out of a dead end job where my employer was ripping me off. My job was really depressing me, now I have a new chapter starting. I do resent the limitations medication puts on my creativity and connectedness to the world around me but I also understand I have to take it.

Zoe7  
UTLAU  
UTLAU

Yeah have a few @Bpdsurvivor lol  
... yes - I like being creative in how I say and/or write things too - lol  
I want to do ALL THE THINGS ... lol

BPDSurvivor

Through my mentalisation based therapy, I developed new ways of thinking in order to combat negative thought patterns. It was a change in mindset. It was hard hard work

BPDSurvivor  
**Girasole (Peer Worker)**

Now, I don't think I could go back to my negative thought patterns. It as though I mentally, grew up,  
**Final question for tonight, everyone :) It was submitted prior to the group by someone in the community, many people in the country right now are living in a lockdown due to covid19. What are some creative ways that we can deal with this period?**

Tkaye  
Shaz51  
BPDSurvivor

That's great, @Bpdsurvivor happy for you  
@Bpdsurvivorwe have learnt to work smarter then harder  
Well, in Melbourne, creative people dressed up to take their bins out and posted it online, we had rabbits, dragons, princesses.

UTLAU

one way my creative thinking helped is that I thought up the idea of looking at things the other way around and being able to see the positive side to negative things, or the good as well as the bad ... not sure when I started doing that ... probably when I wrote this: "I looked at things the usual way, and didn't like what I saw, so I looked at life the other way, and now I enjoy it more"

Tkaye  
BPDSurvivor  
Tkaye

I think using creativity to connect with people is really crucial during lockdown periods  
Taking the bin out was the biggest, outing, many families had for the 6 months here in lockdown  
I saw some of those bin videos! Looked great!

BPDSurvivor  
UTLAU

I attended an online art session last year where we all did our own art while on zoom and just chatted bin day outings went viral world wide actually ... well ... in USA and England at least ... they liked our crazy Aussie humour - lol

BPDSurvivor  
**HappyCastle (PSW)**  
Judi9877

Awesome @Tkaye

That sounds really fun @Bpdsurvivor

I'd suggest journaling about the experience and your thoughts and feelings about whats going on to you and your world. Get the thoughts out of your head and have fun. Maybe even do some drawing or painting or look at the internet for some inspiration. I found that writing helped me when I was in lockdown in Melbourne.

BPDSurvivor  
Shaz51  
UTLAU

It was actually specific DBT art therapy sessions

yes @UTLAU

I never got around to posting any bin day outing photos ... never really experienced total lockdown either ... went to work as usual during the short lockdown Canberra had ...

**HappyCastle (PSW)**

These are all wonderful suggestions

BPDSurvivor  
Apc  
Shaz51  
UTLAU

I think the main think is ensuring connection with people. Esp if you live alone.

Not much really happen around here except for the teddy bear in the windows thjng

bin day outing photos in Australia too, love seening them

creativity in coming up with entertaining and funny ways to make the best of a bad situation ... bin day outings, and those videos of people singing songs about being "stuck in place where we are" are exactly the sort of thing that fits the topic we are discussing, actually ..

Tkaye  
BPDSurvivor

I have been mailing letters to my far away friends

Yes! @UTLAU i heard out people bringing out their speakers and singing from their porches, the whole street got involved

Apc

Did however get to know and talk to my neighbours, so that was awesome but now couple have moved on

BPDSurvivor  
BPDSurvivor

About\*

Good point @Apc, many ppl don't know their neighbours

**Girasole (Peer Worker)** These are all such great ideas! 😊 As we start to wrap up for the evening - have you learned anything helpful from others, experiences here tonight that you might be able to apply in your own life? If yes, what was it that you took away?

UTLAU When I was being treated like crap at work (in 2016, and to some extent for at least 10 years before that) and ended up totally burnt out, I ended up typing about stuff so I had a record of some of it "just in case" ... and it ended up becoming a journal of my thoughts and feelings, and stuff I had figured out ... or a way of figuring stuff out - I have always had times when I suddenly realised what I thought about something when I noticed myself telling somebody else - lol

Judi9877 I learned from @Zoe7 About the creative mind being linked to the emotional mind which was great to learn!

**HappyCastle (PSW)** My big takeaway will be using creativity as a conversation starter and reflecting on how I could use that to brighten other people's days as well, so thank you for sharing that

Shaz51 it was great to talk about it and share and to encourage me to increase my creativity @Girasole (Peer Worker)

Tkaye I'm certainly inspired to do something creative now!

BPDSurvivor Although I could only join for a short time, I value using art and creativity as a form of therapy. Also, have learned that i really miss not being able to join the last few peer chats!

BPDSurvivor Thank you so much everyone, esp our facilitators

periwinklepixie I've been reminded about some very therapeutic ways to get creative that I don't often engage with.. Often I get stuck in the habit of doing the same things, within my comfort zone. So thinking I am going to have to try some crochet (haven't done it since I was living in Fiji when I did it EVERYDAY: is it like riding. a bike and it will all come back to me? :P )

Shaz51 hello and welcome @periwinklepixie

**Girasole (Peer Worker)** I liked the idea of doing some creative things while on hold on the phone, especially if it takes a long time! I find it's easy to be frustrated while waiting around for a long, time, so a creative outlet sounds like a brilliant way to keep grounded and relaxed. I've also been inspired generally to take up more creative things in my life :)

EleanroRigby I remind myself how lucky I am compared to others. I've been on the streets and have clawed my way out of the gutter so I know how fortunate I am to have a roof over my head, food in my belly. I'm on an

impressive medication regime which helps. I'm lonely but who isn't. I really miss going for a long walk but I'm saving cash...for my guitar

UTLAU a reminder that I probably do need to make some time to do something creative, even though I have been trying to sort out the totally disorganised mess and clutter that I have got my house into for the past few years of being stuffed around, not getting help I needed, having life throw me curve balls (like ADHD medication making things worse instead of better, right in the middle of the Covid lockdowns/etc last year) because I cant even find most of the stuff I want to use to be creative with ... sigh

Reach Thanks everyone! I spent the whole forum either reading or figuring out how to log in! So human! Thank you Happy Castle- your greeting was cheery! And on each point- Creativity- circular thinking leads to unexpected connections. So the more circular, the more creative! On groups- ClassBento and other groups online can be a source of creativity. There are also online courses in creativity if you want to develop a skills- some of them have online chat.

EleanroRigby The trick with tidying up is just to start putting 5 items away every time you walk in a room. Before you know it you have made space. I've been there. It helped me and some good cheap storage boxes from places like Reject shop.

BPDSurvivor Awwww @Reach. I'm glad you could connect eventually! You'll be first next time.

**Girasole (Peer Worker)** **Tonights topic may have brought up some uncomfortable feelings as we talked about strong feelings and mental health struggles. Would some self care be helpful for you after we finish? If so, what might you do?**

UTLAU crocheting and sewing in front of the TV when I was unhappily married, and unhappy with life in general, was probably quite theraputic for me ... and gave me something that I could feel good about/proud of, rather than like I wasn't good enough at stuff - which is how I felt about being organised, housework, getting on with people, etc ...

**HappyCastle (PSW)** Something creative for self care! @Reach I just looked up ClassBento! Can't wait to dig around the site

BPDSurvivor Yes @UTLAU, I have heard that the repetitiveness of things such as crocheting is very therapeutic

**Girasole (Peer Worker)** I'm actually planning to tune into a virtual creative performance night after we finish :) Artists usually featured are poets, singers, etc.

EleanroRigby I'm going to do some writing and more guitar practice and journal as well. Feeling good. It was great to share with everyone. Very inspiring.

Shaz51 cup of coffeand sleep @Girasole (Peer Worker)

BPDSurvivor  
**Girasole (Peer Worker)** That's awesome @EleanroRigby  
**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)

Reach Soft by Spiky ball self massage, the spiky balls available from physio or chemist. Google, Cadbury bear and to see what to do with said ball.- ball goes between you and tree/or wall.  
[https://www.youtube.com/watch?v=Dd\\_GSSQQGNY](https://www.youtube.com/watch?v=Dd_GSSQQGNY)

UTLAU away ... that kind of implies that I have an away to put them in ... my problem is - I am a collector of stuff/bowerbird/whatever, and can see the value in, or a use for, things that others throw away ... but I cant organise myself out of a wet paper bag - which kind of adds up to something that manifests as hoarding ...

UTLAU  
**Girasole (Peer Worker)** cook dinner - lol  
**Here are some further resources on creativity and wellness you might like to have a look at: You may or may not have heard of The Dax Centre, which is a part of SANE Australia. It supports artists with lived experience to exhibit their work, and is located in Melbourne if you'd like to visit. You can find out more here: <https://www.daxcentre.org/> This article talks about the relationship between creativity and mental health, and gives some more ideas of creative things to try out!<https://www.verywellmind.com/how-creativity-positively-impacts-your-health-5113162>**

**HappyCastle (PSW)** That's a late dinner @UTLAU!  
BPDSurvivor Thanks everyone!  
Reach Thank you BPD survivor and Happy Castle! On organising- I like having labels on my drawers in my wardrobe. Organising and grouping helps me, eg. I might organise clothing by frequency of use at eye level, and decreasing use below, If I could keep laundry up to date, this would help me stay organised. Eg undies at eye level, and socks next level and T shirts etc

**HappyCastle (PSW)** Thank you all for your time and generosity in sharing  
**Girasole (Peer Worker)** **Thank you so much everyone for joining tonight and making amazing contributions! What an amazing discussion we've had tonight 😊. 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 a question for our next topic, which will be talking, about lessons in Lockdown, and you can read the transcripts of all our previous topics too

UTLAU

EleanorRigby - I have a house stuffed full of furniture, mostly collected from "Buy nothing" Facebook groups, that I have accumulated so I can store things in ... my main problem is that when I was going through all sorts crazy stuff for the last few years, I tried to get sorted out but just made more and more mess ... and now the job of sorting it out and getting it organised how I want it is rather huge ...→†

Reach

I think Lifeline Hawkesbury does a course ,Buried in treasures, My doctor recommended Marie Kondo I got engrossed in tidying up some stuff, and ran out of time to cook dinner before the chat - lol

UTLAU

**Girasole (Peer Worker)**

We'll be closing the chat room shortly, but if you'd like to continue the conversation, you can do so on the SANE Forums here :) <https://saneforums.org/t5/Forums-news-and-feedback/Online-Peer-Group-Chat-Creativity-and-Wellness-Thursday-29th/m-p/1073125#M5242>

Apc

Good discussion have good night everyone

UTLAU

I know a lot of theory about organising, and have lots of ideas ... the problem is in the execution - lol

UTLAU

thanks everyone - has been interesting :)