

SANE AUSTRALIA

SANE Australia Online Peer Group

Date: 27/01/2022

Topic: Intentions for 2022

Description:

Having intentions and goals can be an important part of our recovery journey. At this time of year people can make lots of goals for the year and sometimes we may not set us up for success if our goals aren't realistic or clear. Some of us may even find goal setting upsetting or frustrating. In this discussion we will talk about strategies for more successful goal setting as well as how to be compassionate towards ourselves as we work towards achieving our goals.

Welcome everyone to today's Peer Group Chat talking about Intentions for 2022. 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. We really value your thoughts on how it goes, so we will send a link to a short survey at the end of this event for you to

While this survey is optional, it is a chance to provide feedback for us to improve our services. In case you might need to leave part way through the event, you can find the survey here now: https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW

Tonight, peer support workers @earthling95 and @RiverSeal will be facilitating a discussion around the topic of Intentions for 2022.

Whether you have lived experience of complex mental health issues, you care for someone who does, or both, having clear intentions or goals and can make life more enjoyable and help mental health recovery. 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

earthling95
(PSW)

nature as we talk about mental health struggles. @pisces_1 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#what-if-i-am-having-a-tough-time-and-need-immediate-support>) or message @pisces_1.

earthling95
(PSW)

earthling95 We're looking forward to creating a space where we can reflect and learn together and expand our ideas of our Intentions for 2022. We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join 😊

earthling95
(PSW)

Welcome everyone! Feel free to introduce yourselves.

pisces_1
(Moderator)

Hi meme1

RiverSeal
(PSW)

Hi meme1. Welcome!

pisces_1
(Moderator)

Hi @LiveInHope1

earthling95
(PSW)

Hello LiveinHope1 and meme1 :)

LiveInHope
1

Hi pisces_1 :)

LiveInHope
1

Hi @earthling95

RiverSeal
(PSW)

Hello @LiveInHope1 ! Welcome to the chat

LiveInHope
1

Hi @RiverSeal (PSW) Thank you

earthling95
(PSW)

Starting off..often in Therapy or recovery contexts, we are asked to set goals. How has setting goals benefitted your recovery?

RiverSeal
(PSW)

I feel that setting goals helps me focus on whats important to me while I navigate through the fog

earthling95
(PSW)

Welcome @Kitty

earthling95
(PSW) I personally thrive off structure and having goals can give me something to look forward to. It feels good to feel capable and enjoy small wins!

RiverSeal
(PSW) Hi Kitty

pisces_1
(Moderator) Hi @Kitty :)

RiverSeal
(PSW) At first I couldn't see the benefits in goal setting but I persisted and could see them working

earthling95
(PSW) Has anyone made any New Years resolutions for 2022? We'd love to hear about them and your progress!

earthling95
(PSW) Slowing down, intentional self-care and personal responsibility :)

LiveInHope
1 I didn't make any New Years resolutions, but I think it would be a good idea for me to set some goals. My life seems pretty meaningless lately

RiverSeal
(PSW) OMG I'm so cliché I went on a weight lose goal! But you know I'm sticking it and I am seeing results. Thankfully!! :D

LiveInHope
1 lol Riverseal. Well done for sticking to it!!

earthling95
(PSW) My goal is also to reduce my screen time. Iphone loves personally attacking me with weekly screen time updates haha

RiverSeal
(PSW) @LiveInHope1 Our journeys through mental health can feel like that sometimes but you are actively working through it tonight. Thanks for showing up

pisces_1
(Moderator) I am living more intentionally and within my values

LiveInHope
1 Thank you, @RiverSeal (PSW) Happy to be here. I only joined the forums a few days ago.

RiverSeal
(PSW) @pisces_1 (Moderator) Values based focus in life is a great way to be!!

RiverSeal
(PSW) Well welcome to the Forums @LiveInHope1

LiveInHope
1 Thank you :)

earthling95
(PSW)

The forums are such a supportive space- feels like a warm hug :)

earthling95
(PSW)

Do you find New Years Resolutions useful? Why? Why not?

LiveInHope
1

Earlier today, I realised that it would help me to make more 'fun' things to do around my home. The jigsaw challenge got me thinking about that. Where I live is fairly small, but I have decided to clear a space and set up a big jigsaw that I have in the cupboard.

LiveInHope
1

I agree, that forums are super-supportive. Very helpful in many ways

RiverSeal
(PSW)

Jigsaws are all the rage at the moment @LiveInHope1 I haven't done one but I hear that they are really calming and time consuming!!

earthling95
(PSW)

I'm conflicted about new year resolutions sometimes to be honest. I do think they add this pressure to get your life sorted as soon as the clock strikes 12 and we enter the new year. Goals can look different for all of us. I think my idea of what a 'goal' should look like has definitely evolved.

RiverSeal
(PSW)

I found that it was useful and the timing worked out well for me to focus on my goal. The over eating at xmas time made it feel necessary too!!

LiveInHope
1

Yes, @RiverSeal (PSW) I find them relaxing, although I haven't done one for a couple of years. I've been dreading staying home lately, though, so I think a good goal would be to get going on a jigsaw. Then, at least when I think of being home, I can think of that aspect of home as being fun

LiveInHope
1

Yes, good timing, @RiverSeal (PSW) Any food-related goal is handy around Christmas time!

earthling95
(PSW)

That's a good perspective @LiveInHope1 . Finding ways to make your personal space more 'homely' :)

RiverSeal
(PSW)

That's great @LiveInHope1 You have put a lot of thought processes into the jigsaw too and you have come up with some really positive reasons to keep

earthling95
(PSW)

active in body and mind!!

What makes a good New Years resolution? Or goal, more generally?

LiveInHope
1

Yes, @earthling95 I've never been great at making places I live homely, but I've realised it's important. Thank you @RiverSeal (PSW) Yes. I think it will make me feel a lot more positive.

earthling95
(PSW)

I think a 'good' new years resolution is something that is aligned to your personal values,needs and future possibilities that you would like to create in life.

earthling95
(PSW)

whatever feels authentic :)

LivelnHope
1
Hmm....What makes a good goal or New Years resolution. Well, I think a good one has to be achievable. I used to make NY resolutions, but I never stuck to them. About 20 yrs ago, I made a NY resolution not to make any more NY resolutions. I've stuck to that one. haha That might change in the future, though

RiverSeal (PSW)
The thing about New Years resolutions is they tend to have an emotional context to them. When we think about goals in general maybe we think them through a little more intentionally.

earthling95 (PSW)
So true!

LivelnHope
1
I agree, @earthling95 with your thoughts about goals, above. I always used to think goals were something for 'other people', but when I realised goals didn't have to be huge, I improved a bit with them

earthling95 (PSW)
Welcome @Empowering Results :)

RiverSeal (PSW)
@LivelnHope1 NY resolutions can get a little much if you don't stick to them for sure. It's kinda setting yourself up if you don't have the right intentions. Maybe we can work on some achievable and realistic goals someday and see how you go!! Can be rewardingggg

LivelnHope
1
Yes, @RiverSeal (PSW) I would like to set more goals in my life for sure

RiverSeal (PSW)
hello @Empowering Results Welcome

earthling95 (PSW)
one step at a time.. :)

RiverSeal (PSW)
What do you think about setting good New Years resolutions meme1?

LivelnHope
1
Along with making my home more homely and fun, I think I have to mix with people more. Even though I'm a hermit in many ways, I still know I need to mix with people more

LivelnHope
1
I think I'll make that a goal. Finding a way to meet someone who I can relate to

earthling95 (PSW)
That's awesome :) it's a courageous act of self-care!

earthling95 (PSW)
Setting a goal means admitting we want something which can be scary. What are some ways we can be kind to ourselves while we set goals and work towards them?

LivelnHope
1
Thank you @earthling95 I had a good friend who lived near me, someone I used to work with years ago, but she left recently, and it's left a hole in my life

RiverSeal

(PSW)

I'm just getting back into the social scene @LiveInHope1 after many years of being a hermit

pisces_1

(Moderator)

Make them small and manageable , maybe each small goal leads to a big goal?

earthling95

(PSW)

I hear you. When I moved overseas there was a huge void in my heart-leaving behind my dear ones. I was too scared to make friends here. It gets better with time :)

RiverSeal

(PSW)

I think giving yourself time to settle into the goal and not expect you to change your life overnight.

LiveInHope

1

Oh, congrats, @RiverSeal (PSW) Yes, the hermit life makes me feel 'safe' (emotionally, I guess), but it has it's down sides, for sure

LiveInHope

1

I can imagine, @earthling95 Moving overseas would be very similar to how I'm feeling, I think. I agree, @RiverSeal (PSW) I'll give myself time with this goal. Expecting my life to change overnight would probably not work out and would become discouraging

earthling95

(PSW)

I think for me a big one has been identifying my 'wants' and 'needs'. Example- if I want to get better at practising boundaries, I will 'need' support from my mental health supports, practice self-compassion and act from a space of adult agency

LiveInHope

1

Yes, @earthling95 I agree...it's important to identify our wants and needs. It's not as easy to do as anyone might think, sometimes. Often, when I think of anything I want, I can come up with 10 reasons why I can't do/have it!

LiveInHope

1

Usually, I come up with reasons to do with fears. Fear is such a pain!

earthling95

(PSW)

So true. It's the hardest emotion to navigate.

pisces_1

(Moderator)

Hi @Empowering Results what are your thoughts of setting goals for the year?

RiverSeal

(PSW)

@LiveInHope1 Our fears can be our biggest enemies if we don't challenge them. But I have been in that place for a long time in the past.

LiveInHope

1

Yes. I have tried to challenge my fears, and probably had a bit of success in some ways, but I've always been a bit of a chicken, right from when I was a kid. Was terrified of the dark and so on

earthling95

(PSW)

"I get knocked down..but i get up again" :)

LiveInHope

1

Yes. Great attitude, earthling!!

RiverSeal (PSW) We all have strengths and weakness and we tend to be hardest on ourselves and don't see our own potential. You are working your MH and that take courage so good job!

RiverSeal (PSW) @LiveInHope1

earthling95 (PSW) I think in those moments I am extra mindful about how I speak to myself- lot of self-compassion and hope.

LiveInHope 1 Yes. I think a lot of us are hard on ourselves. I used to be extremely hard on myself, but I've tried to ease off after it was brought to my attention. Being hard on ourselves just makes life harder, really

earthling95 (PSW) Yeah- looking back I realise..I wasted all these years being so critical towards myself. Didn't change a thing.

earthling95 (PSW) Only ended up in more shame spirals and guilt

earthling95 (PSW) **Tell us about a time that you achieved a goal of yours. How did it feel? And how did you get there?**

LiveInHope 1 A goal that I've achieved well, I guess something I did recently was de-clutter. I've always been pretty good at culling things, but I did start to accumulate a bit of stuff that I didn't need. It felt great when that was done!

RiverSeal (PSW) Since I really started focusing on my MH I have been able to set goals and achieve them. I have completed 4 years of study since then so thats been good for me!!

LiveInHope 1 Wow. Amazing, @RiverSeal (PSW) Well done!!!

LiveInHope 1 I've got to work out how to give thumbs up to posts. lol I'll just experiment with that right now and try to give your post a thumbs up!

pisces_1 (Moderator) Hi @tyme (PSW)

earthling95 (PSW) I struggled with major anxiety during my teen years. I would learn classical dance growing up and stopped due to major life events. Through therapy and support...I finally booked my first ever classical dance class after 10 years!

earthling95 (PSW) I call it my 'homecoming' :)

LiveInHope 1 Yay. I achieved a small goal there. lol Worked out how to use the emojis on posts!!

RiverSeal (PSW) De-cluttering is a huge goal to have achieved. I had to do that myself and I know how challenging it can be and time-consuming. But so worth it @LiveInHope1

earthling95 Yay!

(PSW)

LiveInHope

1

Wow. Fantastic, @earthling95 Well done. I have a lot of problems with anxiety too

pisces_1

(Moderator)

Hi GuestCantType

earthling95

(PSW)

What's one achievable, short-term goal (maybe for this week or tomorrow) that you can set now?

LiveInHope

1

I suppose I should say that my anxiety has improved a lot compared to what it used to be, as I've changed my life circumstances to try to help with that, but I'm still more anxious than the average person, for sure

earthling95

(PSW)

Proud of your efforts @LiveInHope1 . Anxiety is a tough cookie.

LiveInHope

1

Thank you, @earthling95 :)

RiverSeal

(PSW)

I'm going to have a really nice and relaxing weekend. I'm aiming to get to the beach and get some sunshine. That's my goal for this week :)

earthling95

(PSW)

My goals for the coming week- Drink more water, scroll less on Tiktok haha and soak in the sun!

pisces_1

(Moderator)

I intend to have a massage this week :)

earthling95

(PSW)

how relaxing :)

LiveInHope

1

An achievable, short-term goal....hmmm, good idea to try to think of one now. I'm going to go with the jigsaw idea. Clear a space and set it up!!

earthling95

(PSW)

woohoo!

LiveInHope

1

lol

LiveInHope

1

I know it will be good for my mental state. It's been hard lately to dread being at home. Will be good to have something fun to do

earthling95

(PSW)

That reminds me I need to clear up my work station

earthling95

Definitely

(PSW)

earthling95

(PSW)

Make sure you reward yourself :)

RiverSeal

(PSW)

@LiveInHope1 Anxiety is really hard to deal with but as you have experienced it can improve with a little well-placed goals or seeing what's important

LiveInHope
1

Clearing up a work station is a good goal, too. I love having clean ups of all sorts. I'm a bit OCD, not badly so, but enough that it makes tidying up enjoyable rather than a chore

earthling95

(PSW)

Especially when you blast some good music!

pisces_1

(Moderator)

Hi Adam :)

earthling95

(PSW)

Makes the task easier

LiveInHope
1

True, @RiverSeal (PSW)

LiveInHope
1

lol earthling. Yes, good music helps as well

RiverSeal

(PSW)

Tidy work environments are the best!! @LiveInHope1

LiveInHope
1

Hi Adam

LiveInHope
1

For sure, @RiverSeal (PSW) !

earthling95

(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?

earthling95

(PSW)

Small goals for the win! ..and lots of self-compassion :)

RiverSeal

(PSW)

I have learned that we all have great experiences and people have so much resilience to keep trying new things in MH recovery

adam

hi guys, had technical difficulties. one of my goals is to spring clean the house :)

LiveInHope
1

Yes. Small goals! Doing a small bit at a time makes things, even big things, achievable.

RiverSeal
(PSW)

@adam Very good goal to have

LiveInHope

1

Hey!! Hi, Adam!! Great goal

adam

I like S.M.A.R.T goals

adam

vision boards help too

earthling95
(PSW)

Wow @adam ! I am inspired :)

LiveInHope

1

I haven't tried vision boards. Is that like a white board in your home or something along those lines

RiverSeal
(PSW)

@adam SMART goals are amazing!!

adam

yeah, vision boards usually pertain to pictures/images stuck on a backboard, with affirmations. can be hard copy of digital/online. helps with manifesting

adam

Thanks RiverSeal. For those that arent sure, SMART stands for: specific, measureable, attainment, relevant, time-based. Its how I do my goals now

LiveInHope

1

Oh, great. That would be really helpful. I might think about doing that, myself. Would be a great way not to forget any goals I make!!

RiverSeal
(PSW)

@LiveInHope1 and @adam These visions boards sounds like a good thing! Never used one myself except the odd post it note

adam

predominantly i am a visual learner, so vision boards suit my learning style

LiveInHope

1

lol @RiverSeal (PSW) Post it notes are about as far as I've gone, too, as far as reminding myself of goals and so on. A decent-sized board would be a great idea!

adam

vision boards can also be refined along the way. no hard and fast rule. you can create your own, or use a template. worth trying out at least. Process of elimination - trial and error what works best for you

earthling95
(PSW)

Tonight's topic may have brought up some heavy feelings as we talked about setting goals which can sometimes bring up feelings of tension of fear of failure. Would some self-care be helpful for you after we finish? If so, what might you do? 😊

LiveInHope

1

Great tip, Adam. Good idea to change goals as we go along if need be.

adam

I've started using post it notes for my to do list. but i find it difficult to break them down. however, the visual reminder, and throwing them in the bin after completion, is a good feeling. means you dont hang onto them

RiverSeal
(PSW)

I'm going to really enjoy a nice dinner that I don't have to prepare or clean up and get an early night

earthling95
(PSW)

I will read a book for a while, spray some lavender oil and then get an early night sleep :)
earthling95, good idea. self care always important. how about a manifestation meditation? or creating affirmations to go with our goals. like the phrase

adam "I am...."

RiverSeal
(PSW)

I heard lavender oil is good for sleep @earthling95
I love guided meditations and manifestations! Will definitely try that out before I sleep.

LiveInHope
1

I am going to watch a good tv show later on

adam love love lavender :) so many uses. fresh is best

earthling95
(PSW)

Yes it is @RiverSeal (PSW) !

earthling95
(PSW)

Wow- do you have any recommendations?

adam there's plenty on youtube earthling95, just pick something that resonates with you :)

adam i can suggest some resources here that have helped me. but not sure if im allowed to add links here. so up to the moderator

LiveInHope
1

But, I don't feel anxious about the goal I've set. I think it's achievable. Just have to get my sewing machine out of the way to set up the jigsaw puzzle.
That's a goal I haven't succeeded with....sewing!! Set up the machine 6 mths ago and it's still sitting there, unused

RiverSeal
(PSW)

@adam Yes you can add link here so go ahead

adam

[I love mind tools. has a wealth of resources. https://www.mindtools.com/pages/article/smart-goals.htm](https://www.mindtools.com/pages/article/smart-goals.htm)

earthling95
(PSW)

Thanks for sharing :)

We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat, we'd love to hear any feedback you may have. It will only take a few minutes to complete. Please click this link:

earthling95
(PSW)

https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW

LiveInHope
1

Thanks, @adam !

Here are some further resources we recommend having a look at: This video talks about enjoying the journey towards our goals by focusing on our values; <https://www.youtube.com/watch?v=eiPxLpYlw4I> This article discusses the importance of self-compassion when working towards our goals

earthling95 : <http://jameskirby.com.au/self-compassion-and-goal-setting/>

adam no worries. sure thing earthling95

LiveInHope
1

Okay, @earthling95 Will fill that out

adam

[I also found this site good for mental health development. has resources too. https://www.getselfhelp.co.uk/](https://www.getselfhelp.co.uk/)

earthling95
(PSW)

Thank you so much for joining folks!

pisces_1

(Moderator)

Thanks @adam

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/online-mental-health-meet-up>. You can also ask questions for us to discuss in future peer chats!

earthling95
(PSW)

adam

no worries guys, happy to help :)

RiverSeal
(PSW)

@adam There are heaps of great MH resources online from the UK!!

RiverSeal
(PSW)

Thanks, everyone for a great night tonight! Great discussions :)

Hope you all have a restful night :)

LiveInHope
1

Thanks very much, @earthling95 Yes, really enjoyed being here tonight. Will definitely come back again in the future.

pisces_1

(Moderator)

Enjoy the rest of your night everyone!

adam

thanks everyone. enjoy your night

RiverSeal
(PSW)

@LiveInHope1 Hope you enjoyed your first group chat!!

LiveInHope

1

Thanks, Adam. Might see you here again in the future. Thanks, @pisces_1 (Moderator) & @RiverSeal (PSW) . Yes, I sure did @RiverSeal (PSW)

LiveInHope

1

Nice to meet you, @earthling95 Will see you here again in the future :)

LiveInHope

1

Bye all. Take care