

# SANE

We're people like you

## Peer Group Chat

Date: 25/08/2022

**Title:** Creativity

**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.

TideisTurning (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 Creativity We really value your thoughts on how these groups go, so we will send a link to a short survey at the end of this event 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 find the survey here now: <a href="https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW">https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW</a>
TideisTurning (PSW)	Tonight, Peer Support Workers @TideisTurning and @Girasole 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, creativity can be an important tool for our mental health, as a means of expression or an outlet for release for example. 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 mental health struggles. @Basil 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 ( <a href="https://www.sane.org/peer-support/peer-group-chat/chat-faq#what-if-i-am-having-a-tough-time-and-need-immediate-support">https://www.sane.org/peer-support/peer-group-chat/chat-faq#what-if-i-am-having-a-tough-time-and-need-immediate-support</a> ) or message @Basil. We're looking forward to creating a space where we can reflect and learn more together about creativity.
TideisTurning (PSW)	Within this group tonight we'll be talking about What creativity is and what it might mean and look for us the purpose and benefits of creativity in our lives Barriers to being creative and how we might be able to overcome them

Girasole (Peer Worker)	Hey @the magician @Wellwelllnez ! Great to see you both, welcome :)
<b>TideisTurning (PSW)</b>	<b>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 @TideisTurning</b>
Wellwelllnez	fo sho
the magician	hi people
Basil (Moderator)	Hi everyone :blush:
Jacques	hello ladies, gentlemen and gender neutal peoples :)
the magician	howdy
Girasole (Peer Worker)	Hi @Jacques ! Welcome, and also - what a lovely welcome , thank you :)
<b>TideisTurning (PSW)</b>	<b>Hello @WellWellnez @Jacques @the magician</b>
Jacques	thank you, i have been making a big effort to be more respectful of everyone
<b>TideisTurning (PSW)</b>	<b>Amazing @Jacques &amp; super appreciated!</b>
the magician	Q 'n: how do you get to the peer group chat online other than through the search menu?
Girasole (Peer Worker)	As one such gender neutral person, I gratefully feel the impact of your care and consideration @Jacques :blush:
<b>TideisTurning (PSW)</b>	<b>What does 'creativity' look like for you, and why might you do creative things?</b>
Wellwelllnez	I'm being "creative again". I'm doing well with one project not struggling with the other one. My first thought is the one that's going the wellest is the one that involves new things.
Jacques	creativity for me is an outlet to feel achievement, less anxiety and a really good distraction. for me my form of creativity is building model sailing boats. im not very creative by nature, but i really enjoyed making them.
Wellwelllnez	.....but also familiarity factors.
<b>TideisTurning (PSW)</b>	<b>Yes @Jacques! I love that. A little 'Ta Da!' :)</b>
Girasole (Peer Worker)	For me, I can appreciate others' creative output, and also take a more active role in creating things myself. In terms of appreciating- I really enjoy music, TV shows, movies & podcasts. In terms of actively creating things, I enjoy photography and embroidery. Why do I do these things? It can help to regulate my mood; to motivate myself; to have a distraction from stressful

	things I might be going through; to feel connected to things bigger than me; to connect with loved ones if sharing something that's meaningful to me (e.g. a favourite TV show).
the magician	a lifestyle, a way of getting the inside stuff out, creatively organising your future. experimenting with coping strategies.
Jacques	oooh @Girasole (Peer Worker) music is a huge part of my life, i listen to spotify for most of every day, it really helps with my anxiety and moods. i could not live without music, so many talented people.
<b>TideisTurning (PSW)</b>	<b>Creativity can be an amazing outlet &amp; form of expression @the magician. Absolutely!</b>
Wellwellwellnez	...thinking more about it. My new thing (it's game making (hence the mix of new and familiar) is something I've always wanted. Creativity is manifested, desire, perhaps.
Girasole (Peer Worker)	@the magician to answer your question from before, I find the easiest way for me to access these chats is to save the link to the chat page ( <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a> ) as a bookmark - which provides a really direct way to access them in the future! I hope this might help?
<b>TideisTurning (PSW)</b>	<b>Music is amazing &amp; enjoying the creative outputs of others can be so awesome @Girasole (Peer Worker)!</b>
Girasole (Peer Worker)	Often for me, appreciating creativity and art gives me a lot of appreciation for life
Wellwellwellnez	.....even "dark stuff" is a manifested desire, because when it's externalized it's more observable and subject to Shrodinger cat-power.
the magician	I'm writing a novel which is a really powerful way of getting a society changing message out there about mental health. by telling a creative story. even if its only my influence that i hand down the story.
<b>TideisTurning (PSW)</b>	<b>That's a really interesting way of looking at it @Wellwellwellnez</b>
the magician	thanks Girasole
<b>TideisTurning (PSW)</b>	<b>@the magician, that is amazing. Creativity can certainly be a way to reach others or promote/ increase awareness of important issues</b>
Jacques	oh wow @the magician that is impressive, writing a novel, that takes real skill. i love a good book
<b>TideisTurning (PSW)</b>	<b>Creativity and creative outlets can be quite therapeutic. Have you ever thought about or used creativity as a therapeutic tool for processing or expressing emotions? What does this look like, or what do you imagine it could like for you?</b>
the magician	what's a Shrodinger cat power?
Wellwellwellnez	hmmmm. I'm curious, magician. non-fiction or fantasy? is there magic?
the magician	of course there's some element of magic if you look at it creatively . its the fruction version of my life.

Jacques	i used model making to cope up until i could not do it anymore, it was a way to break up the monotony of each day, it takes a lot of concentration and a real steady hand. i love learning and it helped me focus on something positive.
Wellwellwe lnez	l, just came up with Shrodinger cat power. Theory is, if the observation effects whether Shrodingers cat is real or not, then the way we look at things can change that reality. Rumpelstiltskin was basically taken down by real/not-real cats.
Wellwellwe lnez	...this is actually what I need for the project I'm struggling with. I like high-stakes -absurdism.
<b>TideisTurn ing (PSW)</b>	<b>Ooh. That sounds like a really mindful thing too @Jacques. I'm sorry it sounds it's something you're no longer able to engage with as much :(</b>
the magician	but for me emotionally its music while running cleaning listening to stereo and playing guitar. but also journaling and drawing . custom made designs, furniture, jewellery t shirts and calendars.
Girasole (Peer Worker)	Sometimes I write poetry. I like writing because it can get the thoughts that might be swirling around in my head outside of me and articulated. This can be helpful in the process of processing strong emotions or feelings. Also, listening to music that has the passion or emotional content that resonates with what I'm feeling can be quite cathartic.
<b>TideisTurn ing (PSW)</b>	<b>Yes @Girasole (Peer Worker)! All of this! :)</b>
Jacques	yes @TideisTurning (PSW) i really loved it, i made 8 sail boats, i need to use tweezers to tie all the ropes, my hands from anxiety shake to much now for me to be able to do such fine work. im hoping one day i can try again :)
Wellwellwe lnez	I haven't heard "fruction" in a long time. Totally forgot what it meant. It's rude.
the magician	i get creative with my future i design everything id meant to do / want to do upon going into remission. uni, advocacy, travel, electric car. and break it up into stepping stones or goals.
<b>TideisTurn ing (PSW)</b>	<b>That sounds like a great plan toward achieving your goals @the magician! One step at a time</b>
Jacques	wow, that is amazing goals @the magician goals are so so important.
the magician	by fruction i meant the fiction version of my life. not rude at all.
<b>TideisTurn ing (PSW)</b>	<b>Creativity can also 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?</b>
Wellwellwe lnez	oh, pity. it's a fancy rude word, at that. "Fiction" has the advantage of making a lot more sense, though.
the magician	i found myself apart of life drawing, a really nice writers group, outdoors inc meeting people through nature respite, Daniel John's fanbase.....

Girasole (Peer Worker)	Heaps of things! I've been part of communities & fanbases of musicians/bands, tv shows, etc. If I deeply love something, and I find out someone else also loves the things I love, it can make me feel so connected to them, like I'd be very likely to get along with them. It's a pretty special thing :)
Jacques	i don't know if computer games is considered creative. it is the only connection i have to people. i find it very anxiety provoking but i push myself to try to talk
<b>TideisTurning (PSW)</b>	<b>I imagine so @Jacques. Games can certainly have elements of creativity- playing in a world of your own creation, or playing in a world of someone else's creation :)</b>
Wellwellwellnez	I'm more digitally connected than I've ever been. Also, I've been communicating deliberately with the algorithms. It's exposed me to so many wise and learned people. Finding diamonds in the rough, one might say.
Girasole (Peer Worker)	@Jacques also, amazing job pushing yourself to try and talk to others! I know how difficult that can be
Jacques	yes @TideisTurning (PSW) the games i play have a lot of creative elements in them. my councillor wanted me to join a creative group in person, but i can't bring myself to leave the house or want to talk in person.
Wellwellwellnez	.....but every digital age person thinks their algorithm is the smart one.
Jacques	pc gaming can be very positive and very negative, i have found some amazing people playing games and i have seen the worst in people. so mixed experiances for me @TideisTurning (PSW)
the magician	i think ill use creative nonfiction instead from now on. thanks for bringing that to my attention! id like to think myself a part of a creative consciousness where i can connect through lyrics to people and things i l love in the media. there's nothing like escaping into a particular type of fantasy novel either.
Wellwellwellnez	Gaming is amazing for creativity. Or, more critically "play" or "game" itself.
<b>TideisTurning (PSW)</b>	<b>It's ok to take it one step at a time @Jacques. Small steps can lead to big things, but taking those big steps to begin with can be a bit much sometimes :)</b>
Jacques	i agree @Wellwellwellnez i have seen some amazing creations in games. it is a nice escape too, sometimes i can get lost in games for hours.
<b>TideisTurning (PSW)</b>	<b>This question came from our Forums community: "What does creativity give that other activities don't?"</b>
Jacques	yes @TideisTurning (PSW) you are right, i do need to break things down, maybe one day i could try to socialise. maybe when i meet my partner.
Wellwellwellnez	There's an experiment where they had some rats that were allowed to play and some rats that weren't. Then they released a fake cat. All the rats ran and hid. But the only the rats with "game" were smart enough to know when to come out again.

Jacques	creativity gives the creator a sense of self and sense of belonging. pride and happiness from seeing others enjoy your creations. i guess creative things live on forever where other activities are for the moment.
the magician	having varied creative interests and classes , guitar, writing, drawing, its easy to lose enthusiasm at the same time when you figure out what you can gain from such groups you could sit at them for hours if had the time.
the magician	for me its a way of drawing my life.
Wellwellwellnez	I think the negative aspects of gaming is mainly the isolation. The age of augmented reality is slowly changing that, kind of.
the magician	therapeutic space and self discovery.
Girasole (Peer Worker)	Being creative can tap into feelings of play, enjoyment, and being carefree - aspects that we might miss from opportunities to play in childhood. It's always a welcome reprieve from the stresses of adult responsibilities living under capitalism Creativity can also bring pride after having created something unique, as well as the chance to decorate and personalise living spaces (e.g. for me, with embroidery and photography)
Jacques	yes @Wellwellwellnez it is the isolation, some games i play we use chat programs like discord, we can see and talk to each other in real time while playing. mmo is one example of online communities.
<b>TideisTurning (PSW)</b>	<b>I feel like creativity provides a super unique outlet for expression &amp; sometimes, release of things like emotion :)</b>
Wellwellwellnez	Well, on a spiritual note, creativity brings us an affinity for whatever the creative process of creation is.
the magician	gives your emotions some sense of validation, understanding and something to relate to.
<b>TideisTurning (PSW)</b>	<b>Yes @Girasole! I love that. Not just the process, but having that product you have made yourself can be such an amazing thing! That 'ta da' I was talking about earlier. Like 'ta da', this is a thing I did! :)</b>
Jacques	totally agree @TideisTurning (PSW) it is amazing the emotions i can feel with some songs, i don't feel so alone with how i am feeling.
Wellwellwellnez	on gaming impacts (still) I saw a TED where someone compared looking down at a screen alone, vs sharing a screen together. Holy crap. I think one of the benefits of creativity is it proves our existence.
the magician	completely agree with the music Jacques and Tide is Turning, arriving at a spot where you've created something unique to be proud of gives great satisfaction Girasole.
<b>TideisTurning (PSW)</b>	<b>Yes @Jacques! A song speaking to you in that sense can be a feeling like nothing else! :)</b>
<b>TideisTurning (PSW)</b>	<b>Satisfaction is an amazing word to sum it up @the magician! :)</b>
<b>TideisTurning (PSW)</b>	<b>Have there been times when you have struggled to tap into that creative side? If so, how might you be able to overcome the barriers?</b>
Jacques	yes @Wellwellwellnez things are so much better in the past few years, if you want to see communities in gaming, twitch is a good example. the interaction today is amazing.

Jacques	oh it happens all the time to me, some days i can't be bothered getting out of bed, other days i can't wait to create something. sometimes i struggle with being able to concentrate. i have learned to not push myself to do things if i can't manage it, just rest and try the next day.
Girasole (Peer Worker)	Yes, I can really struggle with thinking creative output should be "good" as opposed to just enjoying the process. I think I could benefit with hearing things like this in moments like that! <a href="https://www.tiktok.com/@msdecorah/video/7091435595456711979">https://www.tiktok.com/@msdecorah/video/7091435595456711979</a>
Wellwellwellnez	I think struggle is integral. Maybe I don't need to think that though. "Laboured" can be bad but "effort" makes me happy.
the magician	i think its about people reaching other people emotionally and mentally in no other way. a song can change that. or a book or a painting. that inspires us so we seek to create in our own lives. what can i do differently today?
the magician	at the moment i'm creative with sugar conscious mochas at home. the taste and warmth in winter can inspire me to do my creative arts.
Wellwellwellnez	mochas also count as alchemy, for your magicianship.
the magician	haha
Wellwellwellnez	the alchemists of old would of trading gold for a good mocha.
Jacques	it is amazing the power of the senses @the magician isn't it? i still love the smell of coffee and the smell of a good book.
the magician	secrets: people i find love the smell of my chamomile with honey and vanilla or my coconut hand cream.
<b>TideisTurning (PSW)</b>	<b>How might you be able to incorporate some more creativity into your self-care, or life more generally?</b>
Wellwellwellnez	Still on gaming. Thing about the escapism factor. The super irony is, in most games you get be the the one to escape from, the hunter. So, is it escapism to escape from escaping?
Jacques	hahahahaha @Wellwellwellnez that is the million dollar question ;)
Girasole (Peer Worker)	So true about the escapism appeal though, @Wellwellwellnez
<b>TideisTurning (PSW)</b>	<b>A little escapism can have a huge impact @Wellwellwellnez</b>
the magician	having alchemy breaks. mindful ways to enjoy the struggle. definite escapism. creatively conjuring your new self image and purpose in life.
the magician	creatively viewing how it all fits together.
the magician	singing without caring how you sound.
Girasole (Peer Worker)	I can invite others to watch more of my favourite films/TV shows/etc. with them I can also keep craft materials more easily visible and accessible, to reduce barriers to do it on a whim
Jacques	music, reading and movies have and will continue to be a good way to help me deal with my anxiety and depression. my doctor wants me to try

	painting, i might one day, im not good at art or painting, when i was in primary school being left handed was a sin, so they made me use my right hand and now i struggle to wright properly and to be able to paint properly.
the magician	i think inviting people for coffee and cake and watch animae which i normally have to be in the mood to do but can be really cool.
<b>TideisTurning (PSW)</b>	<b>I'm sorry to hear you've had that experience @Jacques. When we're told things like that, it can feel a little impossible to try, but I just wanted to say that it doesn't have to be perfect. Creativity can be just for you :)</b>
the magician	its a refection of your world – only you have to be happy with it. your most important person comes first.
Jacques	thank you @TideisTurning (PSW) i will give it a try.
Jacques	you are right @the magician i do need to change my attitude. maybe i will try some mandala first and go from there.
<b>TideisTurning (PSW)</b>	<b>Are there any particular creative activities, artists, filmmakers, musicians, etc. that you would recommend to people?</b>
Wellwellwe lnez	hmmm. I'm torn. On one side painting seems like one of the least creative suggestions. On the other hand you get to use colours and hands. Doesn't have to be hands, though.
Girasole (Peer Worker)	I'm really into Avatar the Last Airbender and would recommend it to anyone! Even if at first glance you'd think it's just a kids show. The care that they put into world-building is nothing short of a work of art, and it deals with some pretty big themes like intergenerational trauma, war & imperialism, discrimination, + spirituality... which sounds quite intense but there's plenty of wholesomeness, humour, love, and personal growth, too. Its so good! :)
the magician	recently Adele . but importantly Daniel Johns. surrealism photography and painting. making guitar videos on zoom and sending them to friends.
Jacques	i have recently got into nordic music, a new band called heilung do some amazing concerts. they dress up in period clothing and do their concerts in nature. some of it is truly amazing. i love banksy's work. i don't like many modern movies. i prefer more of the 80's-90's stuff.
Wellwellwe lnez	Actually Reggie Watts, comes immediately to mind. A musical absurdist comedian. I'll link his best song which is rude but very inspiring. <a href="https://www.youtube.com/watch?v=CJQU22Ttpwc">https://www.youtube.com/watch?v=CJQU22Ttpwc</a>
Jacques	<a href="https://www.youtube.com/watch?v=cgOTQyjdHJO">https://www.youtube.com/watch?v=cgOTQyjdHJO</a>
Jacques	this is one of the nordic groups i listen too, it is really amazing.
<b>TideisTurning (PSW)</b>	<b>Hmmm... This feels like a really tough one! Something I've come across recently, mostly books are actually about people in fandoms. Born For This by Alice Oseman (who also wrote Heartstopper) is one that immediately comes to mind</b>
Girasole (Peer Worker)	omg @Jacques that video is amazing! :O Wow!



TideisTurning (PSW)	<b>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?</b>
the magician	books by Raymond E Feist and Terry Brooks- fantasy
Jacques	yes @Girasole (Peer Worker), it is in nordic dialect but you can turn on CC to read what they are singing about.
Jacques	yes, i am going to try painting and trying to have a renewed appreciation of my creativity and not focus on what others think.
the magician	that i'm not the only one moved spiritually by a good song or creative endeavour. it can touch your soul. change your outlook and mood. way you relate to people and see the past/future.
Girasole (Peer Worker)	I really like what you said earlier @Jacques - "creative things live on forever where other activities are for the moment" I think tonight for me has reinforced how profoundly valuable creative expression is to the human experience
TideisTurning (PSW)	<b>I've had a few takeaways tonight- about how gaming/ game or play can in itself by creative (Thanks @WellWellNez); "creativity gives the creator a sense of self and sense of belonging. pride and happiness from seeing others enjoy your creations. i guess creative things live on forever where other activities are for the moment".- @Jacques "i think its about people reaching other people emotionally and mentally in no other way"- @the magiciann</b>
WellwellweIlnez	Also, Wintergarten... <a href="https://www.youtube.com/watch?v=QaW5K85UDRO&amp;t=137s">https://www.youtube.com/watch?v=QaW5K85UDRO&amp;t=137s</a>
WellwellweIlnez	<a href="https://www.youtube.com/watch?v=lvUU8joBb1Q">https://www.youtube.com/watch?v=lvUU8joBb1Q</a>
TideisTurning (PSW)	<b>Tonight's topic may have brought up some heavy feelings as we talked about struggles with creativity. Would some self-care be helpful for you after we finish? If so, what might you do? 😊</b>
the magician	to think less stressful way of what i'm doing/gaining.
WellwellweIlnez	What a great choice of Nordic singing venues.
WellwellweIlnez	the Nord song would be insane, live.
the magician	rug up . mocha. chat and a book. new reason to get back on track in the morning. inspired!
Jacques	no tonight was really fun for me, it was good to have a topic that was not too heavy. it amazes me how we can all be so varied but all be brought together by creativity.
TideisTurning (PSW)	<b>I feel like live music is something else. Musicians will sometimes do songs in very unique and creative ways when it's live! :)</b>
the magician	politics needs creativity!
WellwellweIlnez	Been getting back into my exercise stuff. That's my main thing to remember. Pretty foundational.

TideisTurning (PSW)	So happy to hear that @Jacques! :)
Girasole (Peer Worker)	My self care for tonight is boring but important – just making sure I get a good night's sleep
Wellwellwellnez	I agree. Politics needs the sciences and the arts and leg-day.
Jacques	i am going to listen to a bit of music when i go to bed and reflect on tonight for me.
Girasole (Peer Worker)	Plus noise cancelling headphones for sensory rest to help wind down
TideisTurning (PSW)	Here are some further resources we recommend having a look at: 1: How Creativity Positively Impacts Your Health <a href="https://www.verywellmind.com/how-creativity-positively-impacts-your-health-5113162">https://www.verywellmind.com/how-creativity-positively-impacts-your-health-5113162</a> 2: Creative Wellbeing <a href="https://www.kitiyapalaskas.com/blog?offset=1547636140637&amp;reversePaginate=true&amp;category=Creative-Wellbeing">https://www.kitiyapalaskas.com/blog?offset=1547636140637&amp;reversePaginate=true&amp;category=Creative-Wellbeing</a> 3: The Dax Centre (part of SANE): <a href="https://www.daxcentre.org/">https://www.daxcentre.org/</a>
Wellwellwellnez	Instantly and consistently inspired by you all. These get-togethers are great.
TideisTurning (PSW)	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: <a href="https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW">https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW</a>
the magician	it keeps me connected each week thankyou people .
Jacques	thank you so much for tonight @Basil (Moderator) @Girasole (Peer Worker) and @TideisTurning (PSW) for the wonderful chat, i have so so enjoyed tonight. thank you too @the magician and @Wellwellwellnez for the chat and a laugh. i love the banter in here.
Jacques	night everyone :) hugs to all
TideisTurning (PSW)	Thank you everyone for being here with us tonight, sharing your perspectives & making this space what it has been! Take care :)
TideisTurning (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 <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a> . You can also ask questions for us to discuss in future peer chats!
Girasole (Peer Worker)	Thank you so much for your presence here tonight @the magician @Wellwellwellnez @Jacques , its immensely valued. What a great chat! Hope you all take care tonight :)
the magician	night .....zzz: