



Support Group Meeting Topic Ideas

- Self-care
- Keeping a journal
- What do you do for fun?
- "Own" your emotions
- Self-Help
- Are you able to say no?
- What do you know for sure about your Mental Illness?
- Coping with the Christmas/Easter holidays
- How to let go of anger
- Hope is our superpower
- I am not what has happened to me. I am what I choose to become.
- Learning positive thinking skills
- Anger management
- How to get the Support you need
- Conflict management and setting boundaries
- The importance of routine
- Grounding exercises
- How to be kinder to yourself
- It's okay to ask for help
- Stress management
- The impact my diagnoses have on my self-image
- Forgiveness
- Understanding your Depression
- Understanding your Anxiety
- Accepting your diagnosis
- Communicating with your Support system
- Coping with loneliness
- Small victories to celebrate everyday
- Work/life balance
- Grief
- Inner healing
- Accepting your emotions, being responsible for your reactions
- I am important
- Let's discuss our strengths
- Highlight of the day
- Mindfulness and breathing techniques to recalibrate and re-center
- How to be more self-aware

- How can parents deal with children who have rejected the family's values
- Family dynamics
- Cyber bullying
- Being bullied
- Health and wellness
- Loved ones struggling with addiction, the toll it takes on you
- The Five love languages
- Mental Health
- Grieving the loss of a partner through desertion / separation / divorce
- Highs and lows of parenting
- Unpacking what it looks like when you don't feel heard or understood. How can you better communicate your needs when you feel that you are not being acknowledged?
- How has living with Mental Illness impacted your ability to maintain relationships (family, friends, romantic)
- Feeling unworthy of love because of our Mental Illness
- Setting boundaries to best protect our Mental Health
- Being supported, how does it feel?
- How to communicate effectively
- Motivation, what does it mean to you?
- Disclosing your Mental Illness, when and how?
- Social and family pressures when living with a Mental Illness
- Dealing with work pressures
- Dealing with loneliness
- Judgement when sharing your diagnosis
- Breaking the Mental Health stigma - How to talk to people about your Mental Health
- Sharing of reading list, Ted Talks, YouTube clips, movies (resources) relevant to Support Group
- Obsessive Compulsive Disorder
- It's okay not to be okay
- Managing disappointment
- Share an uplifting article, picture, graphic or song
- Trauma, what does this mean to you
- The emotional influence of social media on an individual
- Celebration. This would be when Members get to share something they have been grateful for since the last meeting. Anything that made them even consider smiling.
- Uplifting and empowering each other?
- Your Mental Illness, does not define you
- Co-dependency and enabling behavior
- Courage, the different types
- Resilience, how it impacts on our lives
- Self-care, and the importance thereof