

“Pain is inevitable,  
suffering is optional.”  
Unknown

# Healthy and Happy You

## Building your capacity to thrive

### KEY TAKEAWAYS

#### Summary Week 3: Being with Broken

Thank you for joining the session on Being with Broken, and taking the time to contribute towards your self-care.

To get a grasp on Being with Broken, it is important to:

- Take a few deep breathes and allow your mind and body to centre.
- Reflect on the past year with all its challenges and difficulties. These are the knocks of life that we have all experienced.
- Acknowledge what broken pieces you may be sitting with. We are all recovering with the changes to work life and family life.
- Be kind to yourself and your broken pieces as if they were little children.
- Practice acceptance and don't feel like you need to rush in and fix your broken pieces. Allow yourself time, and feel comfortable just sitting with your broken pieces.
- Feel the connection with your breath, and breathe into your broken pieces.
- Avoid feeling the need to hide your broken pieces. Breathe in love and hope to help restore yourself.
- Nurture and comfort yourself, reminding yourself that all will be ok.
- Cultivate and practice the Japanese art called Kintsugi. Remember that there is great beauty in brokenness.
- Consider this when you feel broken: “You are more beautiful because you have been broken”.
- Reflect on previous years when you have experienced difficulty. Feel gratitude for the valuable lessons that have made you who you are today.
- Remember that you are who you are because of these challenges.
- Acknowledge what the super glue is in your life that helps you to stay together and connected.
- Keep in mind that you know best on how to fix the broken pieces.
- Allow yourself to be honest and vulnerable.
- Put gold in the cracks of your life. Remember that you are unique and special.
- Feel a sense of pride in your golden fillings. These are marks of your courage and resilience.
- Look at your own bowl for meaning and purpose.
- Redefine yourself and your understanding of beauty and importance.
- Remember that you are beautiful!

