

Wellness Bulletin

Kintsugi and Self Love

Kintsugi

“Kintsugi is the Japanese art of putting broken pottery pieces back together with gold — built on the idea that in embracing flaws and imperfections, you can create an even stronger, more beautiful piece of art. Every break is unique and instead of repairing an item like new, the 400-year-old technique actually highlights the “scars” as a part of the design. Using this as a metaphor for healing ourselves teaches us an important lesson: Sometimes in the process of repairing things that have broken, we actually create something more unique, beautiful and resilient.”

- Tiffany Ayuda

<https://www.nbcnews.com/better/health/how-japanese-art-technique-kintsugi-can-help-you-be-more-ncna866471>



Self Love

With Valentine's Day in February, the month can be a gentle reminder to practice self-love: a love that is so profound and unconditional and without judgment or criticism.

I have, at times, felt broken and focused on what I felt was wrong with me, and I am sure others can relate. These could be character flaws or symptoms or providers' professional opinions of me that I viewed as imperfections. Focusing on what's wrong with me meant that I was broken and needed fixing. This focus, however, was not inspirational, uplifting, or empowering, yet somewhat of a "normal" focus of many cultures. We focus on the flaws, things that aren't working, etc. etc. etc.

The process of accepting ourselves and all our imperfections requires self-love. I hope you can offer yourself self-compassion and love and recognize your beautiful, individualized art/self that is mended together uniquely. All these pieces (imperfections and all) shape who we want to be, who we are and who we were meant to be.

Dear Body,

I'm sorry for the hurtful things I've said, you are always there, protecting and nourishing me. I'm sorry for all the times I judged you, how I've always tried to change or alter you rather than understand and respect you. I'm sorry for punishing you even though all you wanted was to be fed and healthy. Dear body, thank you for loving me even when I didn't love you back. I promise that from today on, I will listen and act with love, and nourish you because I love and respect you.

Dear Body, Thank you.

-Author unknown



Employee Spotlight

Employee Name: Tracy Hinz

Job Title: Director of Rehabilitative Services

Location: Monticello

Q: When you reward yourself, what is your go to reward?

A: Usually something SWEET!

Q: Why I work at CMMHC?

A: Lots of reasons...but top two...shared values and flexibility with my work life balance.

Q: What is your favorite self-care activity? How do you implement this in your busy life? How does this help you with your wellness?

A: Spinning in my basement on my bike, earbuds in with Christian rock tunes playing. I make this a regular part of my day and when I am trying to make up excuses to not spin, I firmly say “knock it off, get on the bike!”

Q: What makes you laugh?

A: My labradoodle puppy...
Harley Rae Hinz.



Random Act of Kindness Initiative

An initiative from the CMMHC Wellness Committee is a Random Act of Kindness Day. Each month the Wellness Committee will be sending out a reminder to staff about completing a Random Act of Kindness around the 15th of the month. The Random Act of Kindness doesn't have to cost any money and can be something as simple as smiling at someone you don't know, leaving a kind comment or could be paying for a stranger's coffee order. The list is endless.

Are you interested in learning more about Random Acts of Kindness or the benefits?

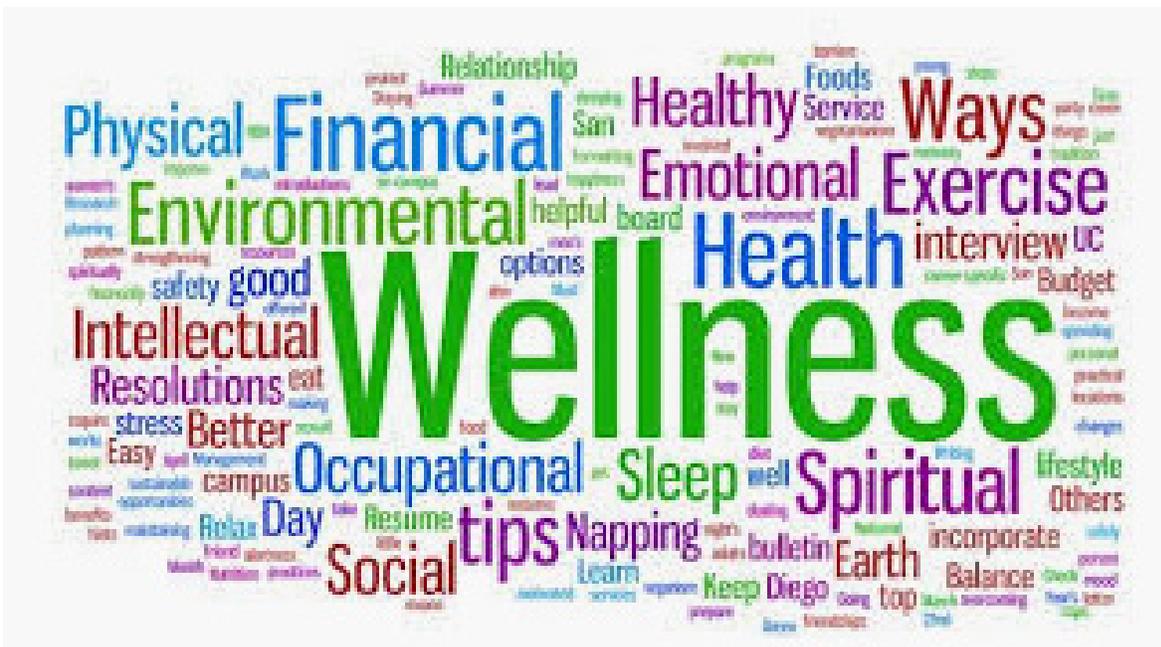
[Visit the Bounce Back Project website.](#)

We hope that you will join the CMMHC Wellness Committee in participating with us for:
Random Act of Kindness Day
February 17, 2022

CMMHC's Wellness Committee Mission Statement

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health
- Support a sense of community



Central Minnesota Mental Health Center Wellness Committee

- Brie Frantesl
- Steven Loos
- Rebecca Anderson
- Kendra Lieser
- Hannah LaDuke
- Leah Holzem
- Christine Morris
- Alyssa Toratti
- Kelsie Cotton
- Sheri Layne-Laramie
- Ellie Hayden
- Brittany Liberty