

# Taking What Is Broken And Becoming Whole Again: Four Steps to Fierce Resilience



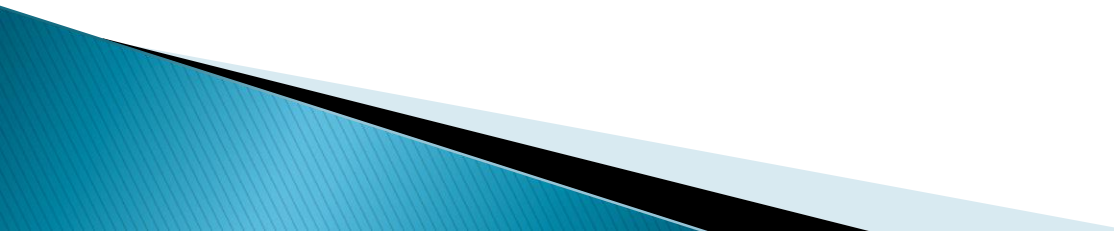
**Lynnette Johnson, LCSW**

# Four Steps to Fierce Resilience

- ▶ The metaphor of Kintsugi pottery as a therapeutic tool indicates *that which is broken becomes more beautiful.* There is power in transforming something broken into something beautiful.
- ▶ Individual worth grows from its history and vulnerability.
- ▶ <https://www.youtube.com/watch?v=m1AY9govCOk>

# Four Dimensions of Resilience

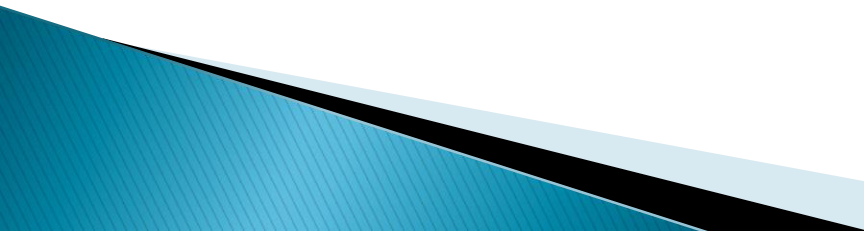
It is achieved through engaging these four dimensions of resilience regularly:

- ▶ Physical Resilience
  - ▶ Mental/ Emotional Resilience
  - ▶ Social Resilience
  - ▶ Spiritual Resilience
- 

# The Golden Mend

- ▶ Gratitude is the “golden mend” for fierce resilience and is crucial.
  - Harvard studies indicate identifying three things daily.

# Summary

- ▶ **Intro:** Resilience is key to mental wellness.
  - ▶ **Methods:** Literature review and case study.
  - ▶ **Results:** This model of resiliency is currently being studied and defined.
  - ▶ **Discussion:** Effective in some sectors, further study needed in other sectors.
- 

# Contact Information

- ▶ By Lynnette Johnson, LCSW

[johnsonlynnette@yahoo.com](mailto:johnsonlynnette@yahoo.com)

USA International Copyright 2017