



# EXPLORE YOUR WAY TO WELLBEING

WHĀIA TE ARA HAUORA,  
WHITIORA

A GUIDE FOR INDIVIDUALS  
AND COMMUNITIES

23 - 29  
SEPT

**Mental Health  
Awareness Week**

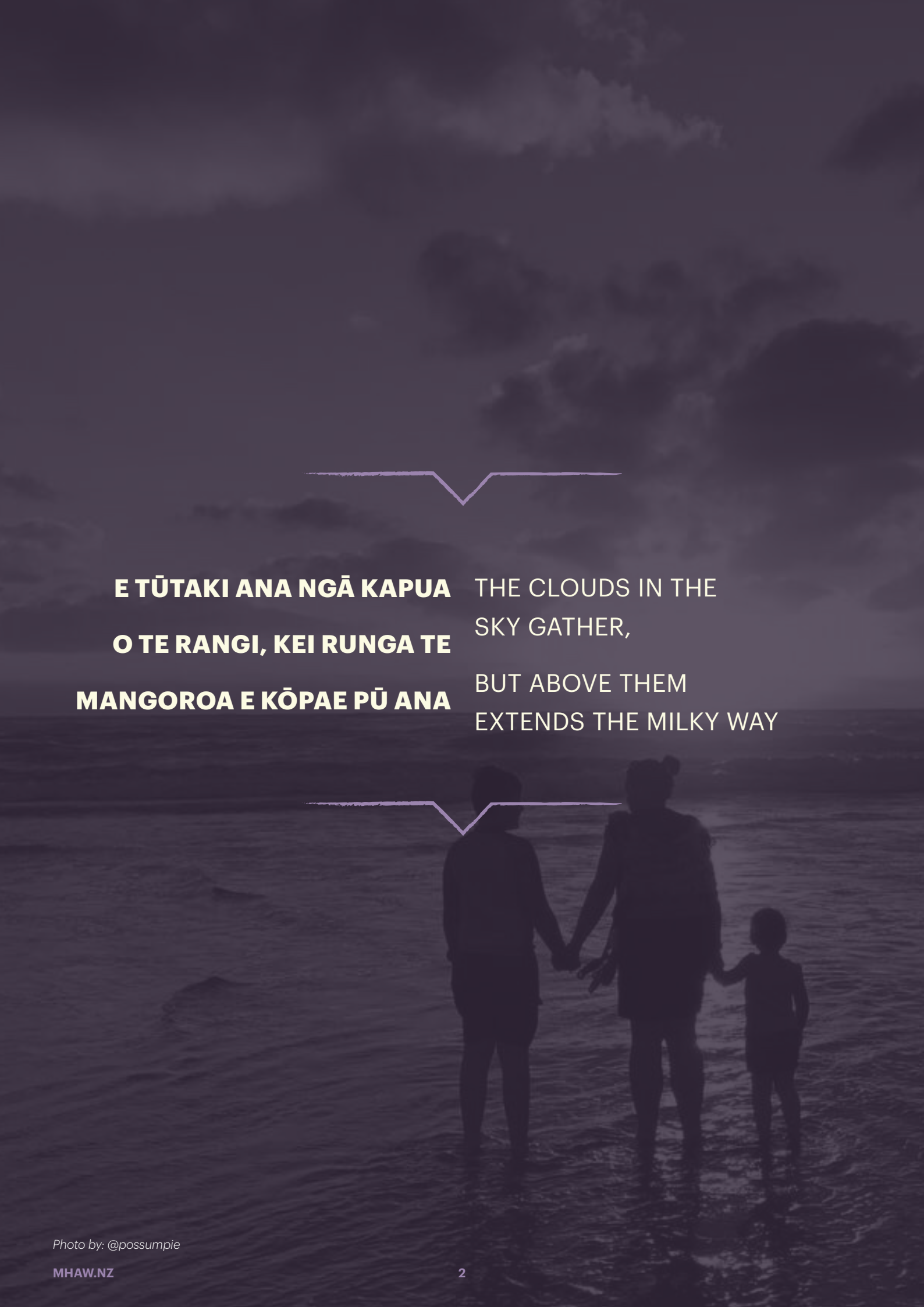
VISIT [MHAW.NZ](http://MHAW.NZ)



**Mental Health Foundation**  
OF NEW ZEALAND  
*mauri tū, mauri ora*

#MHAWNZ





**E TŪTAKI ANA NGĀ KAPUA  
O TE RANGI, KEI RUNGA TE  
MANGOROA E KŌPAE PŪ ANA**

THE CLOUDS IN THE  
SKY GATHER,  
BUT ABOVE THEM  
EXTENDS THE MILKY WAY

# KIA ORA!

**Mental Health Awareness Week (MHAW) is an opportunity for you to explore the experiences, actions, relationships and surroundings that make you feel good and uplift your wellbeing!**

Everyone has mental health and wellbeing. It's something for you to treasure and look after. When your wellbeing is strong, your whānau, communities and Aotearoa can flourish too.

This guide is designed to help you explore your way to wellbeing during MHAW and then create a wellbeing plan to help you prioritise the things that work best for you.

It's important to acknowledge everyone goes through hard times, and sometimes your mental health and wellbeing might not feel as good as you'd like. Knowing what can help during these times can make a big difference. Included in this pack is a short guide on the things you can do if you or a friend, whānau member or hoamahi/colleague isn't feeling good and needs some tautoko/support.

**Let's start exploring...**

## **What is mental health and wellbeing?**

We all have mental health! It's a taonga/treasure, something to look after so we can lead our best and most fulfilling lives.

The World Health Organisation defines wellbeing as 'a state in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.'

1 in 5 Kiwis experience a mental illness each year and it's important to remember that with the right tautoko/

support many people can and do live well with mental illness. Wellbeing isn't just for people who have not experienced mental illness – it's for everyone.

This MHAW we're asking Kiwis across Aotearoa to explore their way to wellbeing – that means we want you to discover the things that make you feel good and do more of them! When you uplift your personal wellbeing, you uplift the wellbeing of your whānau, communities and Aotearoa as a whole.

# TE WHARE TAPA WHĀ

## Exploring your wellbeing through Te Whare Tapa Whā

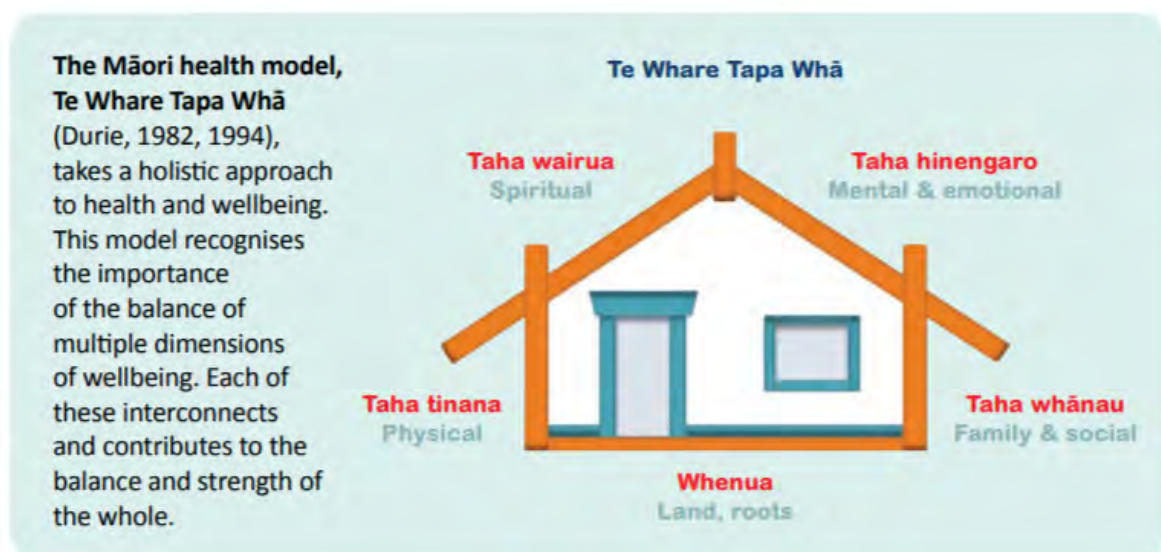
While it's important to have the freedom to find out what makes you feel good, Te Whare Tapa Whā is a great framework to explore different ways to wellbeing.

Te Whare Tapa Whā was developed by leading Māori health advocate and researcher Sir Mason Durie in 1984, to provide a Māori perspective on wellbeing.

Te Whare Tapa Whā is a model that describes health as a wharenuī/ meeting house with four walls.

These walls represent taha wairua/spiritual wellbeing, taha hinengaro/mental and emotional wellbeing, taha tinana/physical wellbeing and taha whānau/family and social wellbeing. Our connection with the whenua/land forms the foundation.

Over Mental Health Awareness Week we'll explore each part of the wharenuī and give you practical ideas for how you can strengthen your wellbeing so you, your whānau and Aotearoa can thrive.



# THE FIVE WAYS TO WELLBEING

## Activity inspiration

The practical activities on the following pages are inspired by both Te Whare Tapa Whā and the Five Ways to Wellbeing, which are simple strategies proven to boost wellbeing. For further information on The Five Ways to Wellbeing visit [www.mentalhealth.org.nz/wellbeing](http://www.mentalhealth.org.nz/wellbeing)

## FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN.  
ENJOY WHAT YOU DO.  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

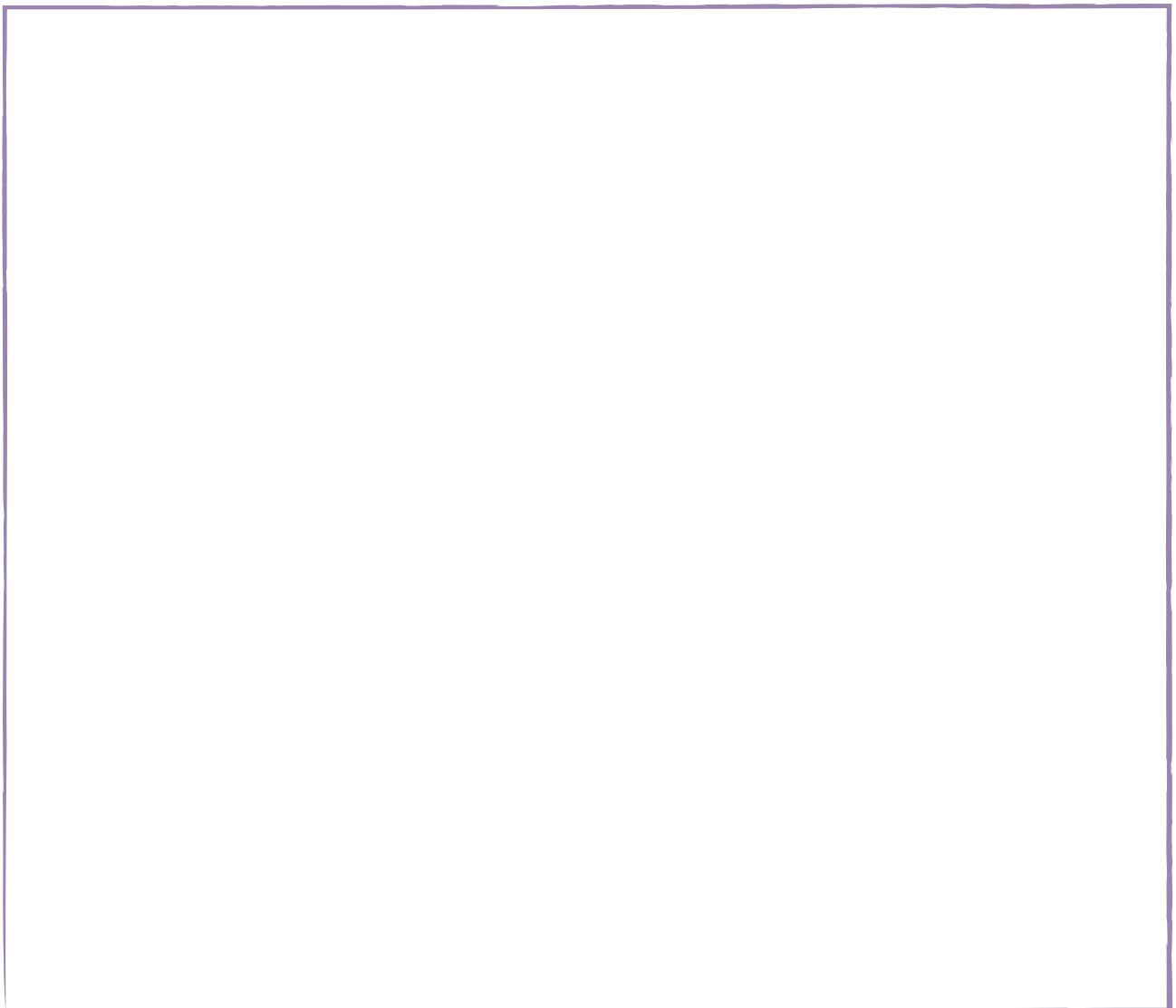
 Mental Health Foundation  
mauri tū, mauri ora  
OF NEW ZEALAND

# CHECK IN

**Before you start exploring your way to wellbeing, it's a good idea to check in with yourself about how you're feeling right now.**

In the space below, write how you're currently feeling, what your hopes are for the week and ways you think you could boost your wellbeing right now. At the end of the week you can reflect on how you felt at the start and what helped to uplift you. Use an emoji sticker too!

## KEI TE PĒHEA KOE? HOW ARE YOU?

A large, empty rectangular box with a thin purple border, intended for the user to write their response to the 'CHECK IN' prompt.



# RĀHINA

## MONDAY

### Explore whenua

#### Connection to the land and roots

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##### What is whenua?

Whenua is the place where you stand. It is your connection to the land – a source of life, nourishment and wellbeing for everyone.

Whenua includes soil, rocks, plants, animals and people – tangata whenua. We are linked physically and spiritually to the land – it is the earth through which you are connected to your tūpuna/ancestors and all the generations that will come after you.

You can also think about whenua as your place of belonging – that means the spaces where you feel comfortable, safe and able to be yourself. It could be around your friends, at home with whānau, as part of a sports team or even at your place of study or mahi/work.

##### Why is whenua an important way to wellbeing?

Everything in the Māori world has a life force, the mauri. When our natural resources are not looked after, this life force is weakened. This has a direct impact on mental health and wellbeing.

##### Exploring your way to wellbeing through the whenua

- Get a group together and explore your local maunga/mountain.
- Spend time in a garden or visit a local nursery and enjoy the spring flowers in bloom.
- Gather your whānau and go fruit picking, or visit your nearest farmers market to get some fresh produce. Prepare your kai and enjoying eating it together.
- Challenge yourself to produce less waste. It's amazing to see how much we use each day that isn't necessary! There are plenty of [tips online](#) for how you can reduce, reuse and recycle.
- [Volunteer](#) at an organised beach or river clean-up or [create your own](#). It's a great way to spend quality time together outside and keep Aotearoa beautiful!

# RĀHINA

## MONDAY

### Explore whenua

#### Connection to the land and roots

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- Give back to the whenua by [volunteering](#) on local conservation projects with DOC. From bird counts and habitat restoration to tree planting – there’s something for everyone.
- Go outside and see how many [native plants](#) you notice. Can you spot any harakeke/flax, pūriri, tōtara, rengarenga/native lily?
- Sit in your backyard or local park and watch the world go by – see how the clouds move across the sky. Take your shoes off and feel the grass beneath your feet.
- Discover the name of the iwi, hapū, maunga and awa of the place you live.
- Learn a karakia, whakataukī/ Māori proverb or waiata/song with birds, plants and nature in it. Say it each morning to start your day. (An example is provided on the following page).



Photo by: @fleuresqueaneandco



For example:



**KORIHI TE MANU  
TĀKIRI MAI I TE ATA  
KA AO, KA AO, KA AWATEA  
TIHEI MAURI ORA**

THE BIRD SINGS  
THE MORNING HAS DAWNED  
THE DAY HAS BROKEN  
BEHOLD THERE IS LIFE.



# REFLECTIONS

## Explore whenua

Connection to the land and roots

<p>What does whenua mean to you and your whānau?</p> <hr/> <hr/> <hr/>	<p>What activities did you try out today?</p>
<p>What made you feel good?</p> <hr/> <hr/> <hr/>	<p>What didn't work for you?</p>
<p>I'd like to do more of...</p> <hr/> <hr/> <hr/>	<p>How did you feel after spending today exploring whenua? Place an emoji sticker here so you can remember how it made you feel:</p>



### Explore taha hinengaro

#### Mental and emotional wellbeing

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##### What is taha hinengaro?

Just like your physical health, your taha hinengaro/mental and emotional wellbeing needs to be taken care of. Taha hinengaro is your mind, heart, conscience, thoughts and feelings. It's about how you feel, as well as how you communicate and think.

##### Why is taha hinengaro an important way to wellbeing?

Taking care of taha hinengaro is important for everyone, regardless of whether or not you've experienced mental illness or distress.

When your taha hinengaro is strong, you can better cope with the ups and downs of life. You can express your feelings and reach out for support from friends, whānau and hoamahi/colleagues if you need to.

##### Exploring your way to wellbeing through taha hinengaro

- At the end of the day ask friends, whānau or hoamahi what the best thing was about their day and really listen when they tell you.
- Practice gratitude; keep a diary and write down three things you're grateful for every day or week.
- Take the time to give a special thank you to people who tautoko/support you.
- Learn techniques for becoming more present. Stop what you are doing and take some mindful breaths in and out, calming your body and mind, then rest where you are noticing everything that is going on around you. This practice incorporates four key aspects of mindfulness training: Stopping – Calming – Resting – Noticing. Together, these four steps are very healing. Use an everyday cue (the phone ringing, email alert etc) as a reminder to pause, breathe and take notice of the world around you.
- Do yoga or meditation, or have a mirimiri/massage to soothe and relax your body.
- Make some time today to talk with someone who makes you feel good. It could be an old friend, an aunty, sibling, hoamahi/colleague, or even someone from your local supermarket or café who makes you feel good. A moment of connection can make a world of difference!

### Explore taha hinengaro

#### Mental and emotional wellbeing

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- Try something new or rediscover an old interest. Sign up for a course or take on a different responsibility at work. Learn to play an instrument or how to cook your favourite food – make learning new things part of your everyday life!
- Bring activity into the everyday! Use the stairs instead of the lift or get off the bus one stop earlier than you normally would – doing what you can to be active is a great way to boost your mood and feel invigorated.
- Join a social sports team or set yourself a challenge like completing a half marathon or picking up a new hobby such as paddle boarding.
- Give a compliment – acknowledge what someone in your life has done well.
- Have your own random acts of kindness day – look for opportunities to bring a smile to friends, whānau and strangers!
- Volunteer your time by joining a local community group, or simply offering to mow your neighbours' lawns – the opportunities are endless, and we guarantee it'll give you a feel-good boost!

#### An important note

If you or someone you care about is experiencing mental distress or illness and needs some support, help is available. See our short guide on [page 24](#).



# REFLECTIONS

## Explore taha hinengaro

Mental and emotional wellbeing

<p>What does taha hinengaro mean to you?</p> <hr/> <hr/> <hr/>	<p>What activities did you try out today?</p>
<p>What made you feel good?</p> <hr/> <hr/> <hr/>	<p>What didn't work for you?</p>
<p>I'd like to do more of....</p> <hr/> <hr/> <hr/>	<p>How did you feel after spending today exploring taha hinengaro? Place an emoji sticker here so you can remember how it made you feel:</p>

### Explore taha tinana

#### Physical wellbeing

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#### What is taha tinana?

Taha tinana is your physical wellbeing. It is about how your body grows, feels and moves and how you care for it.

Taha tinana is just one aspect of health and wellbeing and cannot be separated from all others.

#### Why is taha tinana an important way to wellbeing?

Trying to nourish and strengthen your physical wellbeing will help you to cope with the ups and downs of life. Feeling physically well helps us to feel mentally well. Having strong taha tinana means we can be there for our whānau and take leadership in helping our loved ones live longer, healthier lives too.

It's important to acknowledge that sometimes your taha tinana may not be as good as you'd like it to be, and this might be beyond your control. What's important is that you take care of your taha tinana and do what you can to nurture it, regardless of your current physical abilities.

#### Exploring your way to wellbeing through taha tinana

- Make a commitment with your whānau, friends or hoamahi/colleagues to pick one thing you could each do to improve your physical wellbeing. It could be supporting one another to quit smoking, drinking more water, having regular lunch breaks or eating more fruits and veggies. Start small and encourage each other to keep working at it!
- Look at how accessible your surroundings are for people who may be using wheelchairs or other mobility supports to get around. Visit [www.beaccessible.org.nz](http://www.beaccessible.org.nz) for more information on how you can make life easier for people living with a disability.
- Make physical activity fun and social. Get the whole whānau together for a walk after dinner, hold a whānau dance-off, play tag with your tamariki after school or kura, take a bike ride to your favourite park for a picnic with a friend or try out an online yoga or tai-chi course.



### Explore taha tinana

#### Physical wellbeing

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- Challenge yourself and set a goal! Ever wanted to run a half-marathon? Start slow and build up from a walk, to a jog to longer bursts of running. If running isn't your thing there are heaps of other activities you could try – swimming, waka ama, dancing – choose something that makes you feel your best!
- Try a body scan meditation. Notice where you might be holding tension and learn how to breathe deeply and release the tension from your body. This is a great practice to do at the end of the day.
- Been to the doctor lately? If not, you might like to consider visiting your local GP or hauora for a general check-up. It's also a good time to ensure you're up to date on things like free screening programmes.
- Take time to learn about any health issues that may run in your whānau and what steps you can take to prevent or manage them.
- Kai nourishes your body. Take some time to prepare some healthy meals for the coming week. Check out YouTube for recipe ideas and demonstrations. You could hold a MasterChef competition with friends or whānau!



Photo by: @the.campbellclan

# REFLECTIONS

## Explore taha tinana Physical wellbeing

<p>What does taha tinana mean to you?</p> <hr/> <hr/> <hr/>	<p>What activities did you try out today?</p>
<p>What made you feel good?</p> <hr/> <hr/> <hr/>	<p>What didn't work for you?</p>
<p>I'd like to do more of...</p> <hr/> <hr/> <hr/>	<p>How did you feel after spending today exploring taha tinana? Place an emoji sticker here so you can remember how it made you feel:</p>



### Explore taha whānau

#### Family and social wellbeing

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##### What is taha whānau?

Taha whānau is about who makes you feel you belong, who you care about and who you share your life with.

Whānau is about extended relationships – not just your immediate relatives, it's your friends, hoamahi/colleagues, your community and the people who you care about. Everyone has a place and a role to fulfill within their own whānau and whānau contributes to your individual wellbeing and identity.

##### Why is taha whānau an important way to wellbeing?

Spending time with whānau, doing things for them and getting involved gives you a feeling of purpose, connection and wellbeing. It benefits you and builds the strength of your whole whānau. As a core source of strength, support, security and identity, whānau plays a central role in your wellbeing.

##### Exploring your way to wellbeing through taha whānau

- Is there someone in your whānau you haven't seen or talked to for awhile? Take the time to reconnect. It could be kanohi ki te kanohi/face to face, or even through text or Facebook messenger.
- Organise a whānau reunion – it doesn't have to be a huge thing – a simple BBQ where people bring their own kai would do the trick!
- Contribute to your community Facebook page or start one up – this can be a great way to build strong connections and get to know people in your local area.
- Start a social sports team – invite people from different areas of your life to join!
- Have a whānau fun day – each whānau member can choose one thing they'd like to do with everyone else – it could be a walk, watching a favourite movie, or making a yummy meal.
- Get to know your neighbours – invite people in the neighbourhood around for a cup of tea or go over and introduce yourself.

# RĀPARE

## THURSDAY

### Explore taha whānau

#### Family and social wellbeing

- Share kai you have grown or caught or prepare a meal for whānau.
- Offer your time to help a friend, hoamahi/colleague or whānau member in need – it could be doing a working bee at their home, looking after their tamariki while they go to an appointment, picking up some basic groceries or taking the rubbish bins out for your neighbour!
- Write cards to people in your life who have made an impact on you – let them know why you appreciate them, just because you can!
- Investigate your whakapapa/whānau history and [learn your pepeha](#) off by heart. Pass this knowledge down to younger members of your whānau too.
- Ask older whānau members to share their life stories. Think about documenting them or building a whānau tree if you haven't got one.



Photo by: @awhiyoga photographer @jaymeephoto

# REFLECTIONS

## Explore taha whānau

Family and social wellbeing

<p>What does taha whānau mean to you?</p> <hr/> <hr/> <hr/>	<p>What activities did you try out today?</p>
<p>What made you feel good?</p> <hr/> <hr/> <hr/>	<p>What didn't work for you?</p>
<p>I'd like to do more of...</p> <hr/> <hr/> <hr/>	<p>How did you feel after spending today exploring taha whānau? Place an emoji sticker here so you can remember how it made you feel:</p>



### Explore taha wairua

#### Spiritual wellbeing

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##### What is taha wairua?

Taha wairua explores your relationship with the environment, people and heritage in the past, present and future.

Your spiritual essence is your life force – your mauri. This is who and what you are, where you have come from and where you are going.

The way people view wairua can be very different. For some, wairua is the capacity for faith or religious beliefs or having a belief in a higher power. Others may describe wairua as an internal connection to the universe. There is no right or wrong way to think of or experience wairua, but it is an important part of our mental wellbeing.

As part of exploring your way to wellbeing we encourage you to think about what wairua means to you and the things you can do to strengthen your wairua.

##### Why is taha wairua an important way to wellbeing?

Feeling comfortable in your identity, values and beliefs helps you feel secure in who you are and what you stand for. When you are content with yourself it is easier to cope with challenges, build strong whānau relationships and discover the things that uplift you.

##### Exploring your way to wellbeing through taha wairua

- Write down your values – the actions, attitudes and beliefs that are important to you and your whānau. You might like to get them printed and display them somewhere special to you!
- Have a reflection and goal-setting session. Think about the things you are proud of, the challenges you've overcome, the people who are important to you and the things you hope to achieve in the future.

# RĀMERE

## FRIDAY

### Explore taha wairua Spiritual wellbeing

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- Go for a walk in nature by yourself and take notice of your surroundings – the birds singing, leaves rustling, clouds moving – notice how you feel when you're breathing in fresh air.
- Spend time exploring your maunga or moana. Notice how this refreshes and energises you.
- Try some tai-chi – there are plenty of videos on YouTube!
- Connect with your local marae, church or community group – anywhere you feel is a place of belonging and significance for you.
- Learn a waiata or song that uplifts you.
- Try out a mindfulness meditation.
- Learn a karakia or prayer that you can say to start or end your day or ground and center yourself during times of stress.
- Consider finding a mentor – someone you admire who can support, guide and encourage you through challenges and triumphs. It could be a kaumatua, church leader, friend, whānau member or even someone you work with!
- Write a note of encouragement to someone in your life who may be having a tough time. Let them know you are there for them.



Photo by: @possumpie

# REFLECTIONS

## Explore taha wairua Spiritual wellbeing

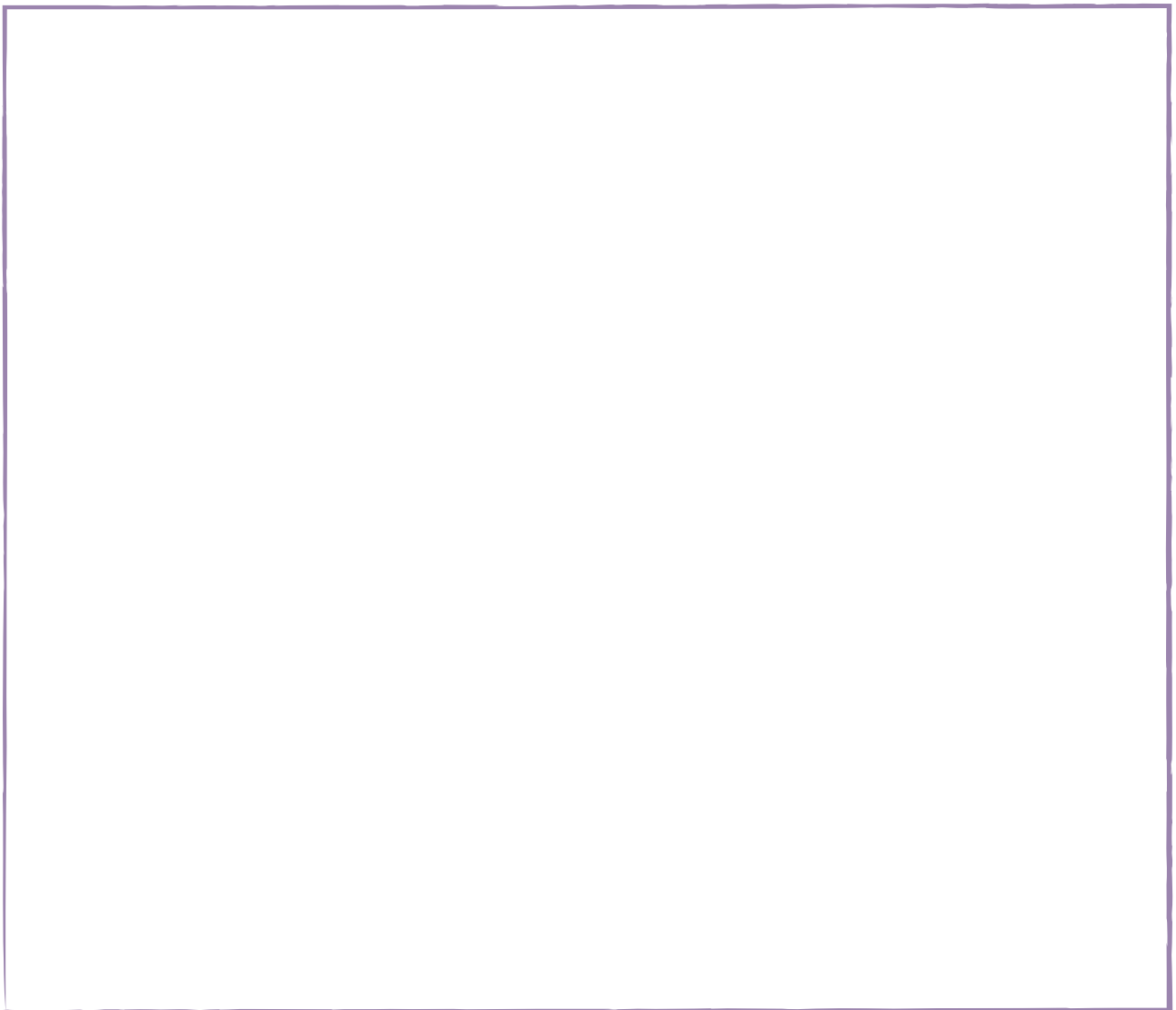
<p>What does taha wairua mean to you?</p> <hr/> <hr/> <hr/>	<p>What activities did you try out today?</p> <hr/> <hr/> <hr/>
<p>What made you feel good?</p> <hr/> <hr/> <hr/>	<p>What didn't work for you?</p> <hr/> <hr/> <hr/>
<p>I'd like to do more of...</p> <hr/> <hr/> <hr/>	<p>How did you feel after spending today exploring taha wairua? Place an emoji sticker here so you can remember how it made you feel:</p> <hr/> <hr/> <hr/>



# CHECK IN

Write or draw how you're feeling at the end of Mental Health Awareness Week. Use an emoji sticker too!

## KEI TE PĒHEA KOE? HOW ARE YOU?



# SUPPORT

## When your wellbeing needs a boost

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Everyone goes through ups and downs in life – that’s a completely normal part of being human.

If you’re worried you or someone you care about is not coping or needs some tautoko/support, there’s help available – no one should go through a tough time alone.

### How to tell if you or someone you care about needs help

Even if you are close to someone, it can sometimes be hard to tell how much emotional pain they are in and whether they need help and it can be equally difficult to recognise it for yourself. Often, it’s something small that can make you think something isn’t quite right – and more often than not, that hunch will be right. You might see it in yourself or in someone else, or someone could see it in you.

### You might want to get extra support if they (or you):

- Don’t want to see other people or no longer enjoy spending time with friends and family
- Stop doing things they used to love or don’t seem to be enjoying themselves.
- Can’t remember things, concentrate, or pay attention.
- Feel bad about themselves – guilty, worthless or ashamed.
- Have a big change in eating patterns or appetite.
- Have extreme mood swings.
- Feel hopeless or really sad, or cry a lot.
- Feel anxious, stressed, nervous or scared a lot and can’t seem to relax.
- Are not happy unless they’re using drugs or alcohol.
- Don’t take care of their appearance or personal hygiene.
- Have physical signs of injury or that they are hurting themselves.
- Have panic attacks – rapid heartbeat, unable to breathe, feeling dizzy and extremely scared or anxious all at once.

# SUPPORT

## Where to turn for help

The first point of contact is to visit your GP or hauora or offer to go to a GP/hauora with your friend or whānau member. They can help assess what further support might be needed.

Below is a list of some of the services available in New Zealand that offer support, information and help. All services are available 24 hours a day, seven days a week unless otherwise specified.

## National helplines

**Need to talk?** Free call or text 1737 any time for support from a trained counsellor

**Lifeline** – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

**Suicide Crisis Helpline** – 0508 828 865 (0508 TAUTOKO)

**Youthline** – 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or online chat

Remember it's okay to get support for yourself when you're supporting someone you care about. Supporting Families provides this throughout Aotearoa: [supportingfamilies.org.nz](http://supportingfamilies.org.nz)

## In crisis

If you or someone you care about are in immediate physical danger to themselves or others, call 111. For more information see [mentalhealth.org.nz/in-crisis](http://mentalhealth.org.nz/in-crisis)



# ACTION PLAN

## Your Wellbeing Action Plan

<b>Action Plan</b> Pick three actions you'd like to commit to doing to help boost your wellbeing	<b>When</b>
<b>Whenua</b> <ul style="list-style-type: none"><li>e.g. Use my keep cup instead of takeaway coffee cups</li></ul>	Starting today!
<b>Taha Whānau</b> <ul style="list-style-type: none"><li>e.g. Hold a whānau fun day once every two months</li></ul>	Starting in the New Year
<b>Taha Tinana</b> <ul style="list-style-type: none"><li>e.g. Go for a swim in the ocean once a week</li></ul>	Starting Labour weekend

# ACTION PLAN

## Your Wellbeing Action Plan

<b>Action Plan</b> Pick three actions you'd like to commit to doing to help boost your wellbeing	<b>When</b>
<b>Taha Hinengaro</b> <ul style="list-style-type: none"><li>e.g. Start a gratitude journal</li></ul>	Starting today!
<b>Taha Wairua</b> <ul style="list-style-type: none"><li>Learn a waiata on the guitar</li></ul>	Before 2020!
<b>If I'm struggling I will:</b>	

For more resources, activity ideas and information visit [www.mhaw.nz](http://www.mhaw.nz)