

REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health
Awareness Week
21-27 September

mhaw.nz
#MHAWNZ

Rāmere – Friday

Hinengaro / Mental and Emotional Wellbeing

Refresh your mind: Whāngaia tō hinengaro

Today's whakataukī: *Ki te wātea te hinengaro, me te kaha rere o te wairua, ka tāea ngā mea katoa. When the mind is free and the spirit is willing, anything is possible.*

What is taha hinengaro?

Taha hinengaro is your mind, heart, conscience, thoughts and feelings. Just like your physical health, your hinengaro needs to be nurtured. Hinengaro is what you do to stimulate and refresh your mind so you can better cope with the ups and downs of life.

Why is taha hinengaro an important way to wellbeing?

Taking care of taha hinengaro is important for everyone, regardless of whether 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.

Reimagine wellbeing through hinengaro:

- Share your thoughts and feelings with someone you trust. Expressing our emotions can help us to understand them better, and to feel less alone in what we're going through.
- Practice gratitude and write down three things you're grateful for.
- Read books that talk about feelings, emotions and wellbeing. Check out our [MHAW Good Reads!](#)
- Try something new or rediscover an old interest (e.g. the guitar or a language).
- Volunteer your time by joining a local community group, or simply offering to mow your neighbours' lawns – we guarantee it'll give you a feel-good boost!

These activity ideas are from our MHAW 2020 Postcard Set. You can [download](#) it in Te Reo Māori or English.

