

REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health
Awareness Week
21-27 September

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Rātū – Tuesday

Wairua / Spiritual Wellbeing

Rediscover everyday wonder: Whāia ngā mīharotanga o ia rā

Today's whakataukī: *He oranga ngākau, he hikinga wairua. When it touches your heart, it lifts your spirit.*

What is taha wairua?

Wairua is about being present and taking notice of the things that make us feel hope, strength, unity and connection. For some, wairua is faith or a higher power. When our wairua is strong, it's easier to feel good and face challenges. If your wairua isn't feeling strong, try to think about what wairua means to you and ways to strengthen it.

Why is taha wairua an important way to wellbeing?

Feeling comfortable in your identity, values and beliefs will help you to feel secure in who you are and what you stand for. When you are content with yourself you are better able to face challenges, feel good and discover the things that uplift you.

Reimagine wellbeing through wairua:

- Go for a walk in nature and take notice of your surroundings – the birds singing, leaves rustling and clouds moving. Notice how you feel when you're breathing in fresh air.
- Sing a waiata/song that makes you feel good.
- Set some goals and think about the things you are proud of, challenges you've overcome, people who are important to you and what you hope to achieve in the future.
- Celebrate different cultures or language weeks – e.g. [Te Wiki o te Reo Māori!](#)
- Start your day with mindfulness. Learn more about [Māori mindfulness](#).

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

