

Explore taha hinengaro

Mental and emotional wellbeing

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.

Being involved in meaningful, fulfilling mahi has huge benefits for your taha hinengaro. If you don't enjoy your mahi, or if you don't feel valued or supported in the workplace it can have a negative impact on how you feel. Even if you're going through this right now, you can still do things to boost your wellbeing.

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

- Carve out a special moment in your day to do something nice for yourself. It could be enjoying a cup of coffee with a hoamahi, listening to your favourite song while you work, or taking a walk around the block to get some fresh air.
- Take 10 minutes at the start of the work day to do a group mindfulness meditation. There are tonnes on YouTube! This will help you to focus on the day ahead.
- Make a gratitude wall in your lunchroom or other shared workspace – invite people to bring in photos or write down the things they are grateful for in their lives right now. It's a nice visual reminder of the things that make us feel good, and it's cool to read what other people are grateful for too!
- Create a wellbeing space – somewhere people can go to do their own wellbeing practices such as meditation, karakia or physical exercise.
- Take the opportunity during workplace hui/meetings to ask everyone how they are and really listen to the answers.

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- Start a wellbeing committee – think of it like a social club, with a wellbeing focus! The goal is to come up with monthly activities for people to get involved in that will give their wellbeing a boost.
- Challenge hoamahi to do walking hui – getting out of your usual workplace environment and being active will help generate more innovative ideas! Even if you work outdoors it's a good idea to take yourself away from your normal environment.
- Give a compliment – acknowledge someone in your workplace who makes your day that much brighter! It'll give you warm fuzzies too.
- Hold a random acts of kindness week at mahi!

An important note

It's important that workplaces create supportive environments where it's normal, safe and okay to talk about mental health. If you'd like some guidance on how you can open up the conversation, see our Open Minds videos and resources at: www.mentalhealth.org.nz/open-minds

If you or someone you care about is experiencing mental distress or illness and needs some tautoko/support, help is available. See our short guide on [page 23](#).

REFLECTIONS

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<p>What does taha hinengaro mean to you at mahi and beyond?</p> <div></div>	<p>What activities did you try out today?</p>
<p>What made you feel good?</p> <div></div>	<p>What didn't work for you?</p>
<p>I'd like to do more of....</p> <div></div>	<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>