

### 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.

It's important to acknowledge that sometimes your taha tinana might 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 physical being and do what you can to nurture it, regardless of your current physical abilities.

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

Working to nourish and strengthen your taha tinana will help you to cope with ups and downs at work and in life generally. When you feel physically well, it helps you feel mentally well too. Having good physical wellbeing means you can focus on your mahi and take leadership in helping your hoamahi/colleagues live healthier lives too.

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

- Make a commitment with your hoamahi 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 workplace is 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.
- Kai nourishes our bodies. Take some time to prepare some healthy meals to take to mahi. Check out YouTube for recipe ideas and demonstrations. You could hold a MasterChef competition with your hoamahi!
- 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 thing to try to do before a big hui or presentation.

# RĀAPA

## WEDNESDAY

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- Have a massage therapist or yoga instructor come into the workplace to give 20-minute sessions to people who want them.
- Hold a steps competition – encourage people you count their steps using a pedometer. Tally up the scores at the end of the week and reward the person or team who make the most steps! This will encourage people to do walking hui and be more active during the work day.
- Start a social sports team – it's a great way to release stress and connect with your hoamahi outside of the workplace.

# REFLECTIONS

## Explore taha tinana Physical wellbeing

<p>What does taha tinana mean to you at mahi and beyond?</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>