

Explore taha wairua

Spiritual wellbeing

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.

Explore taha wairua

Spiritual wellbeing

- 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> <p></p> <p></p>	<p>What activities did you try out today?</p>
<p>What made you feel good?</p> <p></p> <p></p>	<p>What didn't work for you?</p>
<p>I'd like to do more of....</p> <p></p>	<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>