

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 at mahi?

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 cope with challenges, build strong whānau relationships and discover the things that uplift you.

At mahi, taha wairua needs may be supported through creating a respectful environment where mindfulness and kindness are encouraged, bullying is not accepted and diversity is embraced.

Exploring your way to wellbeing through taha wairua

- Display your workplace values – the actions, attitudes and beliefs that your workplace upholds. If you don't currently have them, ask your hoamahi for input and create some you all agree to share.
- Learn a workplace waiata/song that represents the values of your mahi. Sing it at the start of staff hui.
- Learn a karakia/prayer that you can say to start or end your day or ground and centre yourself during times of stress.
- Consider finding a mentor – someone you admire who can support, guide and encourage you through challenges and triumphs at mahi.

RĀMERE

FRIDAY

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- Celebrate the different cultures within your mahi – during language weeks invite people of that culture to share their food, stories, beliefs and rituals.
- Hold a reflection and goal setting session with your hoamahi. Think about the things your workplace has collectively achieved, the things you're proud of, the challenges you've overcome and the thing you hope to achieve in the short and long term.
- Set a reminder in your calendar every few hours to be present. Take a few mindful breaths, take notice of your surroundings and ground yourself before starting the next task.
- Do a nature walk at lunchtime – take notice of your surroundings – the birds singing, leaves rustling, clouds moving – notice how you feel when you're breathing in fresh air.

REFLECTIONS

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| <p>What does taha wairua 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 wairua? Place an emoji sticker here so you can remember how it made you feel:</p> |