

REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health
Awareness Week
21-27 September

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Rāhina – Monday

Whānau / Family and Social Wellbeing

Recharge with others: Whiria te muka tangata

Today's whakataukī: *Ehara taku toa i te toa taki tahi, engari he toa taki tini. My strength is not that of one but that of many.*

What is taha whānau?

Taha whānau is the people we care about, who recharge us and make us feel we belong. Whānau isn't just our immediate relatives. It includes our friends, hoamahi/colleagues, iwi or community – the people who are close to our hearts.

Why is taha whānau an important way to wellbeing?

Spending time with whānau, doing things for them and getting involved gives you a sense of purpose and connection. It benefits you and builds the strength of your whole whānau. As a core source of strength, support, security and identity, whānau plays a central role in your wellbeing.

Reimagine wellbeing through whānau:

- Reconnect with whānau you haven't talked to in a while via text or by kanohi ki te kanohi/face to face.
- Investigate your whakapapa/family history and [learn your pepeha](#).
- Check in on an older neighbour or whānau who might need a bit of tautoko/support (e.g. offer to pick up their groceries).
- Give new activities a go alongside tamariki to enjoy each other's company and really connect as a whānau. For inspiration, click [here](#).
- Contribute to your whānau or community Facebook page or start one up. This can be a great way to build strong connections and get to know people in your local area.

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

