

REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health
Awareness Week
21-27 September

mhaw.nz
#MHAWNZ

Rāpare – Thursday

Tinana / Physical Wellbeing

Refuel your body: Whakamarohi i tō tinana

Today's whakataukī: *Mauri tū, Mauri ora. An active soul for your wellbeing.*

What is taha tinana?

Taha tinana is about how your body feels and how you care for it. Refuelling your body helps you to feel mentally well. Sometimes your tinana might not be where you'd like it to be and this might be beyond your control. What's important is that you do what you can to nurture it.

Why is taha tinana an important way to wellbeing?

Working to nourish and strengthen your taha tinana will help you to 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.

Reimagine wellbeing through tinana:

- Been to the doctor lately? Consider visiting your local GP or hauora for a check-up. It's also a good time to ensure you're up to date on things like free screening programmes.
- Kai nourishes your body. Why not cook one of your favourite meals this week? You could hold a whānau MasterChef competition!
- Make a commitment with your whānau to improve your physical wellbeing. E.g. Support one another to quit smoking or drink more water.
- Be grateful for your tinana. Write a letter to your body (e.g. thank you arms for helping me hug!).
- 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.

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

