

# REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health  
Awareness Week  
21-27 September

mhaw.nz  
#MHAWNZ

## 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 at mahi/work?

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

#### Reimagine wellbeing at mahi through whānau:

- Do you have any hoamahi going through a tough time? Rally together to prepare meals or offer any other tautoko/support needed.
- Draw a connections tree. Ask staff to talk about someone they feel a connection to outside of work; this is not limited to immediate whānau. Share these connections online (or in the office if you're able to) by drawing a tree and adding photos to it. Share your connection tree online #MHAWConnectionTree.
- Get to know your neighbours – invite people from nearby workplaces to share a morning tea.
- Encourage your kaimahi/staff to share their favourite recipes. Turn this into a workplace cookbook!
- Organise lunchtime workshops. Invite people to share their knowledge and passion about things that may or may not be related to your mahi.

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

