

Mental Health
Awareness Week
21-27 September

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Rāmere – Friday

Hinengaro / Mental and Emotional Wellbeing

Refresh your mind: Whāngaia tō hinengaro

Today's whakataukī: *Ki te wātea te hinengaro, me te kaha rere o te wairua, ka tāea ngā mea katoa. When the mind is free and the spirit is willing, anything is possible.*

What is taha hinengaro?

Taha hinengaro is your mind, heart, conscience, thoughts and feelings. Just like your physical health, your hinengaro needs to be nurtured. Hinengaro is what you do to stimulate and refresh your mind so you can better cope with the ups and downs of life.

Why is taha hinengaro an important way to wellbeing at mahi/work?

Taking care of taha hinengaro is important for everyone, regardless of whether you've experienced mental illness or distress. Being involved in meaningful, fulfilling mahi has huge benefits for your taha hinengaro. If you enjoy your mahi, or if you feel valued or supported in the workplace, it can have a positive impact on how you feel. When your taha hinengaro is strong, you can express your feelings and reach out for support from friends, whānau and hoamahi/colleagues if you need to.

Reimagine wellbeing at mahi through hinengaro:

- Share your thoughts and feelings with someone you trust – this might be your hoamahi. Expressing our emotions can help us feel less alone in what we're going through.
- Ask everyone to map their daily energy levels – when do they feel most the energy during the work day?
- Reflect on the challenges you've overcome as a team and what strengths everyone has discovered.
- Try something new or rediscover an old interest (e.g. the guitar!).
- Take the opportunity during workplace hui/meetings to ask everyone how they are and really listen to the answers.

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

