

REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health
Awareness Week
21-27 September

mhaw.nz
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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 at mahi/work?

Working to nourish and strengthen your taha tinana will help you to cope with ups and downs at mahi and in life generally. Having good physical wellbeing means you can focus on your mahi and take leadership in helping your hoamahi/colleagues live healthier lives, too.

Reimagine wellbeing at mahi through tinana:

- As a team, design a wellbeing space that will help people relax. If you work remotely, discuss what a relaxing environment might look like at home, and how you balance work and lifestyle in a confined area.
- Take five minutes to check-in with yourself to see what your body needs! It could be stretching, mindful breathing or a walk around the block.
- Make a commitment with your hoamahi to pick one thing you could each do to improve your physical wellbeing. It could be supporting one another to quit smoking, drinking more water or having regular lunch breaks. Start small and encourage each other to keep at it!
- Is your workplace accessible for people who may be using wheelchairs or other mobility supports? [Learn more](#) about how you can make access improvements.
- Try a body scan meditation. Notice where you might be holding tension and learn how to breathe deeply and release the tension. A great thing to try to do before a hui or presentation!

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

