

Mental Health
Awareness Week
21-27 September

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Rātū – Tuesday

Wairua / Spiritual Wellbeing

Rediscover everyday wonder: Whāia ngā mīharotanga o ia rā

Today's whakataukī: *He oranga ngākau, he hikinga wairua. When it touches your heart, it lifts your spirit.*

What is taha wairua?

Wairua is about being present and taking notice of the things that make us feel hope, strength, unity and connection. For some, wairua is faith or a higher power. When our wairua is strong, it's easier to feel good and face challenges. If your wairua isn't feeling strong, try to think about what wairua means to you and ways to strengthen it.

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

Feeling comfortable in your identity, values and beliefs will help you to feel secure in who you are and what you stand for. When you are content with yourself you are better able to face challenges, feel good and discover the things that uplift you. At mahi, taha wairua may be supported through creating a respectful environment where mindfulness and kindness are encouraged, bullying is not accepted, and diversity is embraced.

Reimagine wellbeing at mahi through wairua:

- Go for a walk in nature and take notice of your surroundings – the birds singing, leaves rustling and clouds moving. Invite a hoamahi/colleague to go with you who needs extra tautoko/support right now.
- Ask your hoamahi to share a song that makes them feel good to create a [playlist of songs](#) that uplift and inspire the whole team! Share a link so you can listen through headphones.
- Identify someone or something that has helped you through the last six months and find a way to express your appreciation.
- As a workplace, celebrate different cultures or language weeks – e.g. [Te Wiki o te Reo Māori](#) on 14-20 September.
- Start your day with mindfulness. Learn more about [Māori mindfulness!](#)

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

