

# REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health  
Awareness Week  
21-27 September

[www.mhaw.nz](http://www.mhaw.nz)



**GETTING  
THROUGH  
TOGETHER**

WHĀIA E TĀTOU TE PĀE TAWHITI

Mental Health Foundation  
mauri tū, mauri ora

**ALL RIGHT?**

MINISTRY OF  
HEALTH  
MANATŪ HAUORA

# REDISCOVER EVERYDAY WONDER WAIRUA

He oranga ngākau, he  
hikinga wairua.

When it touches your heart,  
it lifts your spirit.



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# REFRESH YOUR MIND HINENGARO

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.



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# RETURN TO NATURE WHENUA

Ko te whenua ko au, ko  
au ko te whenua.  
I am the land and the  
land is me.



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# RECHARGE WITH OTHERS WHĀNAU

Ehara taku toa i te toa taki  
tahi, engari he toa taki tini.  
My strength is not that of  
one but that of many.



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# REFUEL YOUR BODY TINANA

Mauri tū, mauri ora.  
An active soul for your  
wellbeing.



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