# Nurturing Our Wellbeing Using Te Whare Tapa Whā



He mana to te mātau ā-wheako Our lived experience is our strength



## Things I Can Do For My Taha Wairua / Spiritual Wellbeing



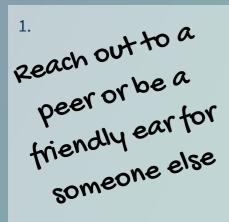
1. Celebrate holiday | New Year traditions 2.

Take time for meditation or reflection 3. Surround Ourselves with People who lift Us up



## Things I Can Do For My Taha Whānau/ Family and Social Wellbeing





<sup>2</sup>Check in with a friend or neighbour you haven't seen in ages <sup>3.</sup> Join a local sports team, club or <sup>community</sup> group



## Things I Can Do For My Taha Tinana/ Physical Wellbeing



1. 60 for a walk to explore somewhere new in my community

2. Share a meal With friends and Whānau

3. Prioritising rest | sleep



## Things I Can Do For My Taha Hinengaro/ Mental Wellbeing



1. Reach out to someone I trust about my mental health

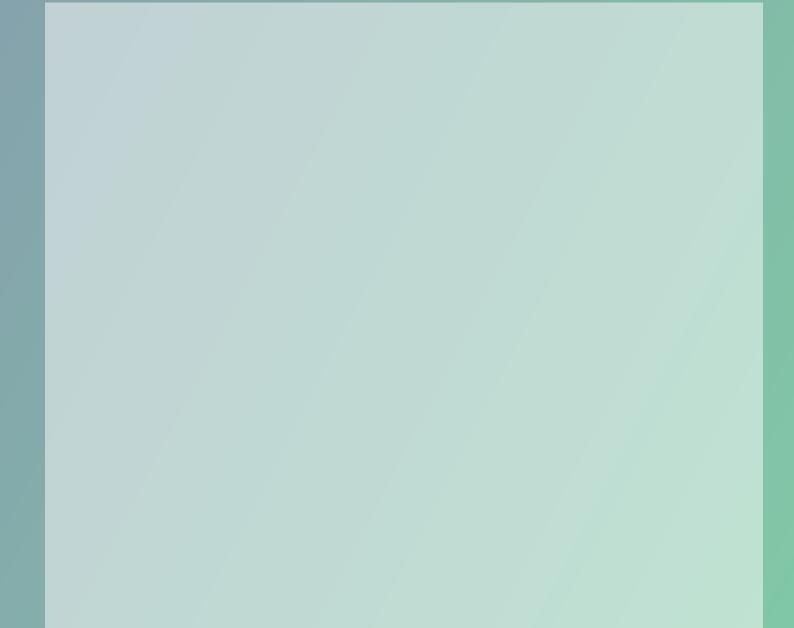
2.

Find information and resources that fill my kete

Notice things, people and places that 3. make me feel 900d



### Things I Can Do To Connect with Whenua / Land





Visit a place I feel a strong connection to

1.

2.

Volunteer or support my local community garden <sup>3.</sup> See how many native birds 1 can spot in my neighbourhood