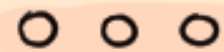




MENTAL  
HEALTH  
AWARENESS  
WEEK.



By Quinn

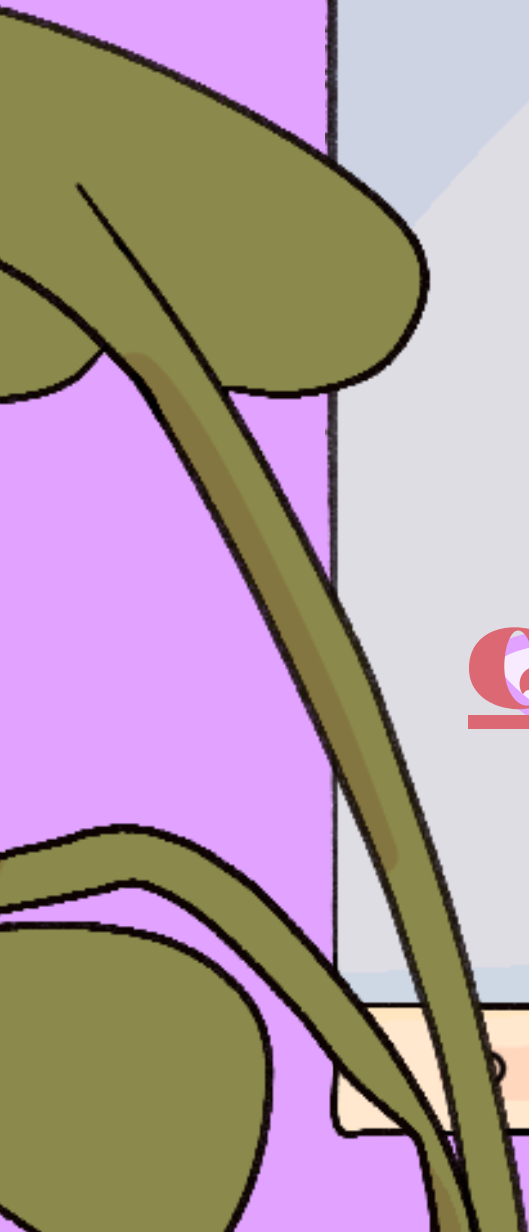
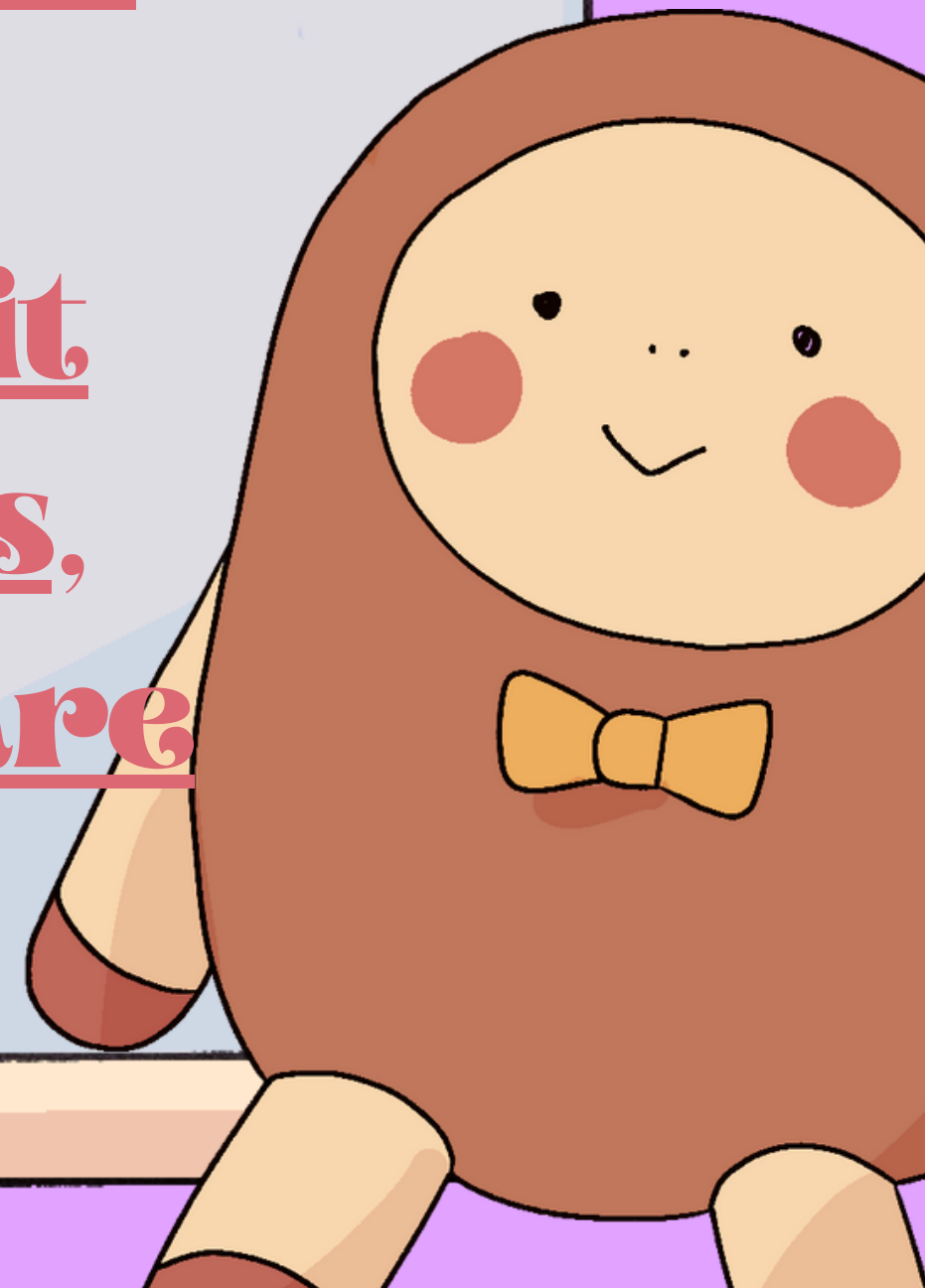


# *Taha whanau*



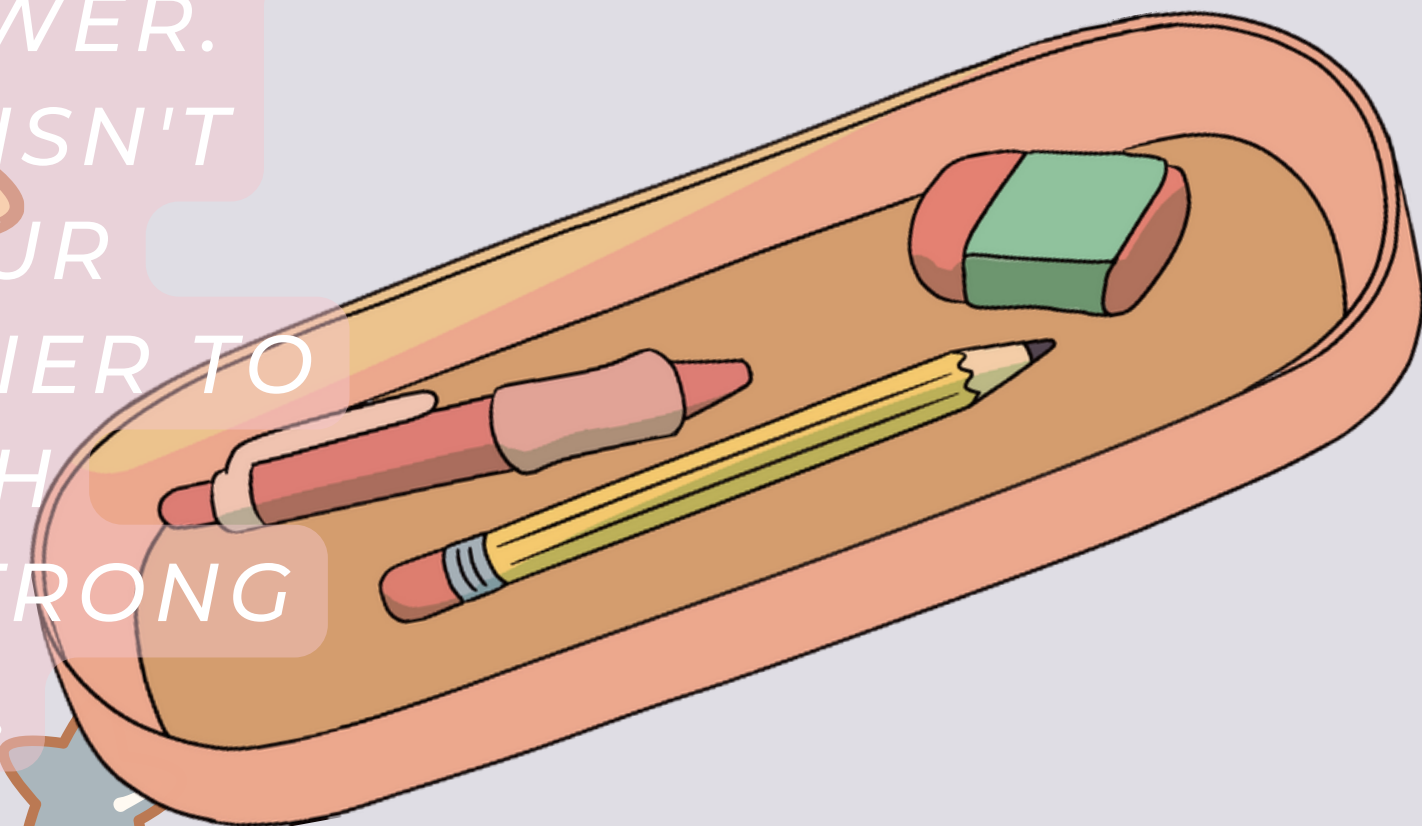
Taha whanau is the people that we care about, who energizes us and makes us feel like we belong.

Whanau isn't just our relatives. it includes our friends, colleagues, community, and the people who are close to our hearts.



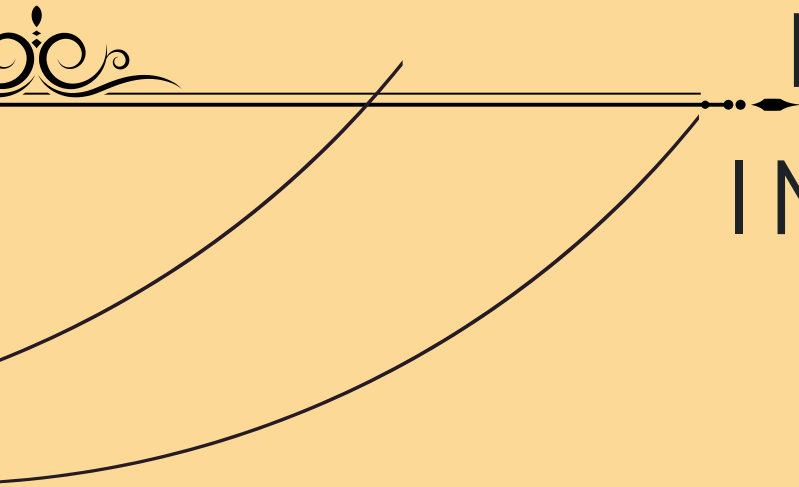
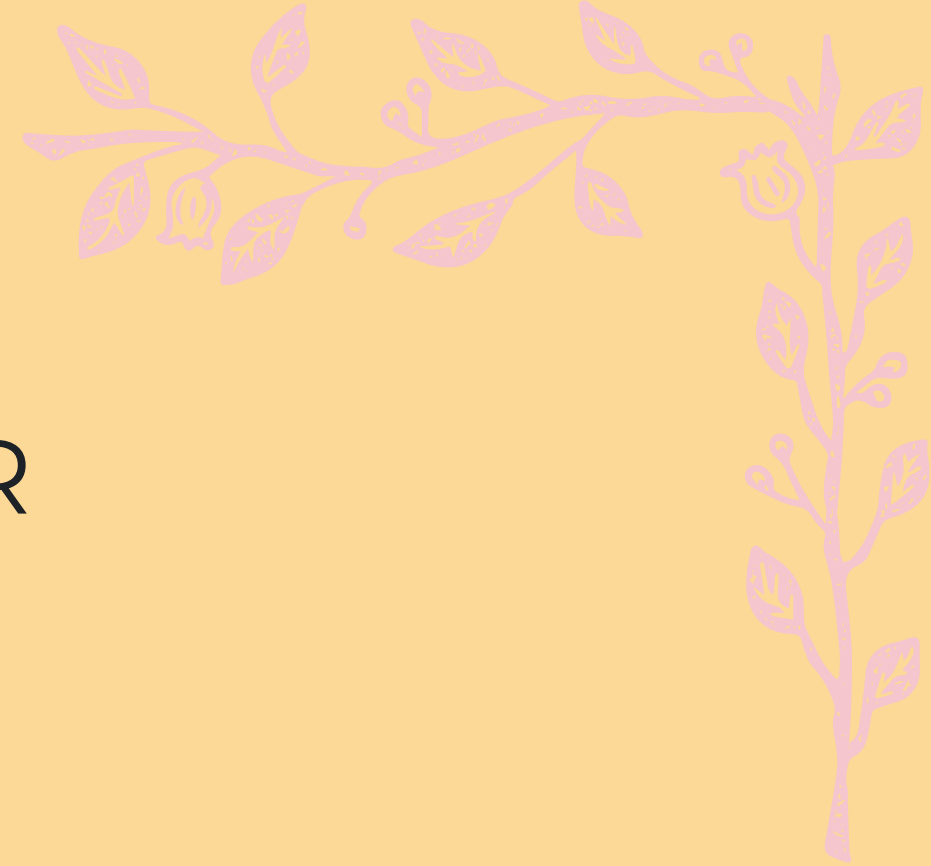
# Taha Wairua

TAHA WAIRUA IS ABOUT TAKING NOTICE AND APPRECIATING THE BEAUTY THAT IS AROUND US. ITS ABOUT REDISCOVERING THINGS THAT MAKE US FEEL AWE, HOPE, STRENGTH, UNITY AND CONNECTION. FOR SOME, WAIRUA IS FAITH OR A HIGHER POWER. SOMETIMES OUR WAIRUA ISN'T STRONG, BUT WHEN YOUR WAIRUA IS STRONG, ITS EASIER TO FEEL GOOD, COPE WITH CHALLENGES AND BUILD STRONG WITH RELATIONSHIPS.



# Taha Tinana

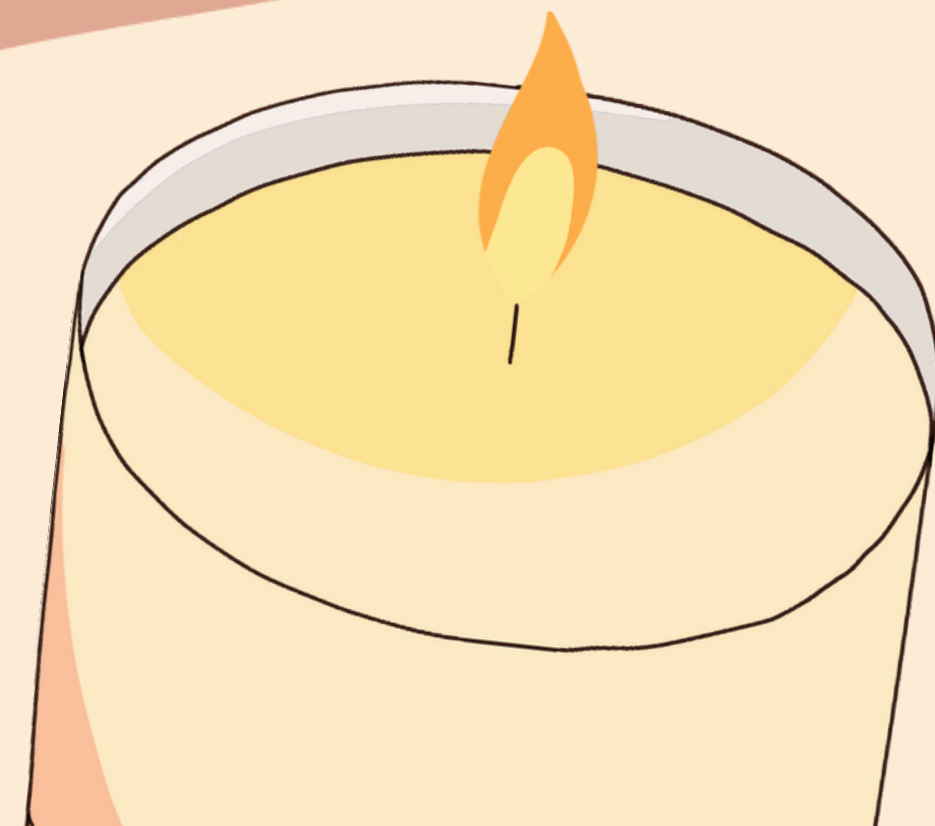
TAHA TINANA IS ABOUT HOW YOUR BODY FEELS AND HOW YOU CARE FOR IT. REFUELLING YOUR BODY HELPS YOU TO FEEL MENTALLY WELL. SOMETIMES YOUR TINANA MIGHT NOT BE WHERE YOU'D LIKE IT TO BE AND THIS MIGHT BE BEYOND YOUR CONTROL. WHATS IMPORTANT IS THAT YOU DO WHAT YOU CAN TO NURTURE IT.





# 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 COPE BETTER WITH THE UPS AND DOWNS IN YOUR JOURNEY.



# WHENUA.

Whenua is our connection to the land. its soil, plants, animals, and people, tangata whenua. Its the earth through with you are connnected to our ancestors. whenua is a place of belonging and its comforting that it is never too far away.

