

TOI HAUORA KŌRERO O TE WĀ

Be like Māui: Making changes, adjustments and transitions

Daylight savings signals a change of time in the Gregorian calendar. Farewelling Hine Raumati and welcoming Hine Takurua also signals a shift in season. This is a time to ensure crops are stored, people are resting and communities are preparing for the colder, darker months ahead.

For Māori... changes, adjustments and transitions are not new. Our many pūrākau (narratives) explain cycles such as the above seasonal changes as well as new developments such as those of Māui. Our **ability to adapt** and respond to change quickly as well as to trust in the process will be most important. Just like the changing of one's relationship status on FB, these experiences can evoke various emotions from anxiety to fear and perhaps more notably at present, uncertainty. Typical responses range from 'fight', 'flight' or 'freeze'. Let us instead... 'focus'!

Focus on the emotional experiences that these various circumstances evoke (rather than avoid). Focus on the circumstances themselves and engage deeper in understanding these further (rather than ignore). And focus on the necessary solutions or adaptations that might be

required (rather than defer).

Only then will we be able to best express our ability to adapt to these transitions. Through focussing our attention, energy and wairua, we can better prepare and plan ourselves accordingly.

The story of Māui going fishing is among many things, about Māui finding his 'kaupapa'... his purpose. We find ourselves in a time where there is much focus on what is 'essential' and for some of us, it may question our sense of purpose/direction in life. This will require us to be brave and go to the deepest parts of the ocean to find our kaupapa (like Māui).

Focus yourselves and think about what will be your contribution to these times?! Be like Māui.

"Hongihongi te wheiwheia" – face with courage those unseen things that can create worry, anxiety and fear.



Resources about keeping well

Toi Hauora on the COVID-19 resources and information for Māori,
Māori@Massey website:

<https://www.massey.ac.nz/massey/maori/maori-student-services>

Hui ora Connection Collective

<https://www.facebook.com/HuiOraCollective/>

Te Tihi o Ruahine Whānau ora alliance www.facebook.com/tetihi

Twice daily educational sessions in te reo Māori

<https://www.facebook.com/kuramongamokopuna>

Mental health foundation <https://www.mentalhealth.org.nz/get-help/covid-19/>

Information and resources specifically for Māori about COVID-19

<https://www.uruta.maori.nz/for-whanau>

Bio pic



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