

# TOI HAUORA KŌRERO O TE WĀ

*Mā te whiri tahi, ka whakatutuki ai ngā pūmanawa ā tāngata*

*Together weaving the realisation of potential*

Whānau have long been recognised as the crucial change agent for positive Māori development and for realising Māori health and well-being. It is within our whānau that we transmit and uphold the values of our tūpuna, that we can foster confidence and pride, and that we learn about who we are.

Having an enforced period in our bubble presents an opportunity for us to reflect as a whānau and could be timely to conduct a whānau ora health check. Thinking about the different areas of hauora that are important to you and your whānau, together assess each of those chosen areas - from a state of mauri noho (sedentary, languishing), through to a state of mauri ora (flourishing)! Some areas you could focus on might be: tinana (physical vitality), wairua (spiritual nourishment), hinengaro (expression of thoughts & feelings), whanaungatanga (relationships), whai rawa (wealth creation); ngā manukura (leadership); and kaitiakitanga (stewards of the natural environment).

Have a look at the different states of mauri and see if you can recognise areas of strength and perhaps areas that might need some development. Then get creative with your whānau and come up with some ideas and goals about how you might shift the mauri in some of those areas.

Remember to draw on the strengths of your whānau. Think about the different pūmanawa (inherent talents) and pūkenga (learnt skills and experience) within your whānau and how they could be utilised to achieve the goals you might set. Through sharing a common goal we can feel a sense of belonging and kotahitanga – even if that’s virtually at this time – as we work together towards realising our potential as a whānau.

In the upcoming Toi Hauora Kōrero o te wā we will consider how to maintain balance in our relationships.

## Resources for Inspiration

Check out how this whānau is virtually connecting their bubbles and staying healthy at the same time

<https://www.teaomaori.news/palmerston-whanau-hosts-online-workouts-relatives-across-world>

Get inspired by viewing some of the short videos of different whānau ora initiatives initiated by whānau linked to Te Pūtahitanga

<http://www.teputahitanga.org/video-links>

Protect our whakapapa: Whānau wellbeing poster

<https://www.tpk.govt.nz/documents/download/documents-676-A/Poster-5-Whanau-Wellbeing.jpg>

Indigenous 100: Te noho whakamohoao hei oranga mō te iwi: Isolation as a means to wellbeing.

<https://www.facebook.com/100329974678017/videos/828531347637666>



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