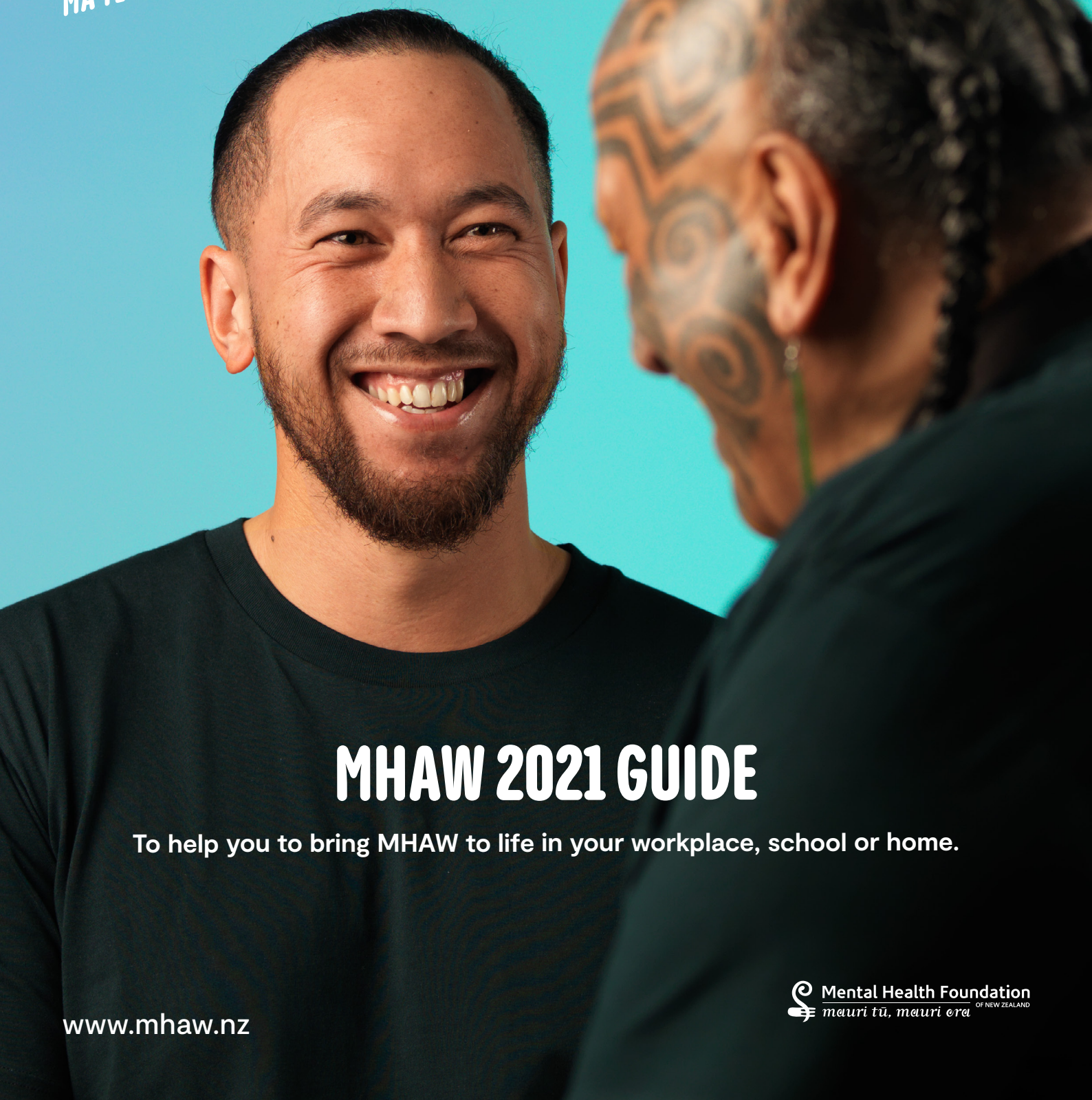


**TAKE TIME  
TO KŌRERO**

**MĀ TE KŌRERO, KA ORA**

Mental Health  
Awareness Week  
27 Sept – 3 Oct 2021



## **MHAW 2021 GUIDE**

To help you to bring MHAW to life in your workplace, school or home.

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

 **Mental Health Foundation**  
mauri tū, mauri ora OF NEW ZEALAND



**Mā te whakarongo, ka mōhio**  
*through listening, comes knowledge*

**Mā te mōhio, ka mārama,**  
*through knowledge, comes understanding*

**Mā te mārama, ka matau,**  
*through understanding, comes wisdom*

**Mā te matau, ka ora**  
*through wisdom, comes wellbeing*



# KIA ORA!

**This year's Mental Health Awareness Week (MHAW) is all about connecting with the people in our lives and creating space for conversations about mental health and wellbeing. Whether it's checking in with a mate, having a kōrero over some kai or saying hello to a stranger, *a little chat can go a long way.***

This guide is designed to provide inspiration and activities to help bring MHAW to life in your workplace, school or home.

It's important to acknowledge everyone goes through hard times, and sometimes your mental health and wellbeing might not feel as good as you'd like it to. Knowing what can help during these times can make a big difference. Included in this pack is a short guide on the things you can do if you or a friend, whānau member or hoamahi/colleague isn't feeling good and needs some tautoko/support.

## **What is mental health and wellbeing?**

We all have mental health. It's a taonga/treasure, something to look after so we can lead our best and most fulfilling lives.

The World Health Organisation defines wellbeing as 'a state in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.'

One in five Kiwis experience a mental illness each year and it's important to remember that with the right tautoko/support many people can and do live well with mental illness. Wellbeing isn't just for people who have not experienced mental illness – it's for everyone.

This Mental Health Awareness Week we're asking Kiwis across Aotearoa to take time to kōrero. We've chosen this theme because the little, everyday conversations we have are surprisingly important – and they make a big difference to our mental health – so we want you to take notice of the kōrero that makes you feel good and do it more often. Over time, these small chats create meaningful connections, help us understand each other better and ensure we have people we can count on when times are tough.

## **Iti te kupu, nui te oranga** *A wealth of life can be found in a few words*

*Please note that you may need to adapt some of the activities in this guide to suit current Covid-19 level restrictions. Remember that taking time to kōrero is even more important if we find ourselves at home in our bubbles, and that there are lots of ways we can stay connected. For tips and resources to support wellbeing during Covid-19, [head here](#).*

# CHECK IN

Before you get into the week, it's a good idea to take a moment to check in with yourself and acknowledge how you're feeling right now.

In the space below, write how you're feeling, what your hopes are for the week and who you'd like to take some time to kōrero with. At the end of the week, you can reflect on how you felt at the start and all the little chats you've had along the way that have uplifted your wellbeing.

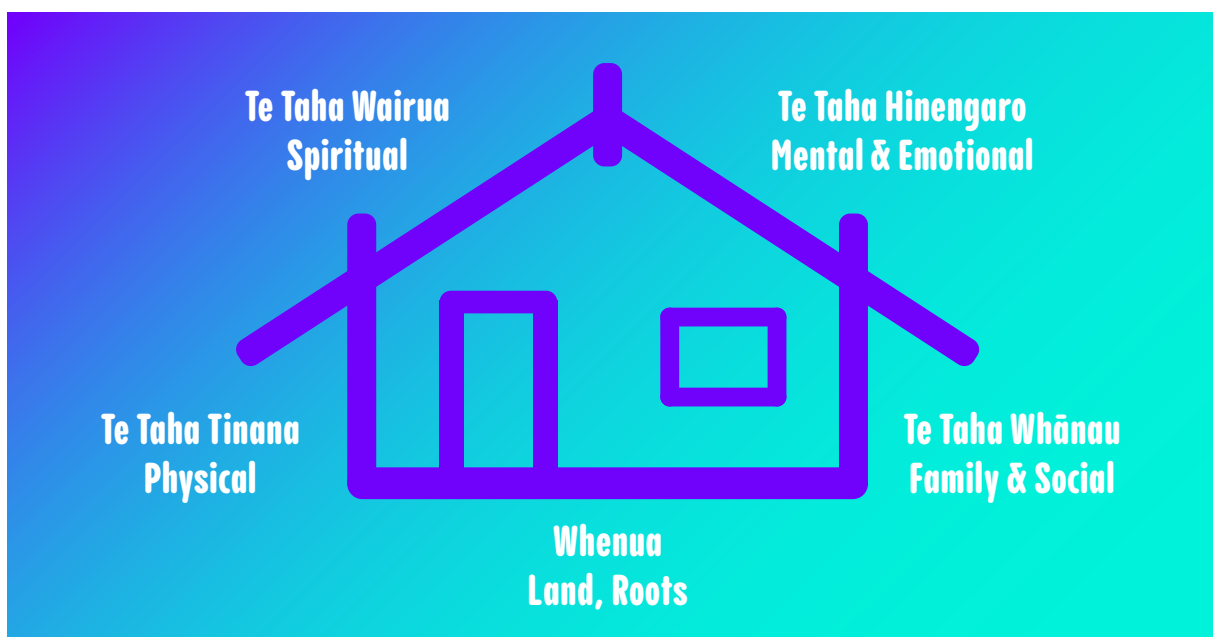
**Kei te pēhea koe?**  
*How are you?*



# TE WHARE TAPA WHĀ AND THE FIVE WAYS TO WELLBEING

Te Whare Tapa Whā was developed by leading Māori health advocate and researcher Sir Mason Durie in 1984, to provide a Te Ao Māori perspective on wellbeing.

Te Whare Tapa Whā is a model that describes health as a wharenuī/meeting house with four walls. These walls represent taha wairua/spiritual wellbeing, taha hinengaro/mental and emotional wellbeing, taha tinana/physical wellbeing and taha whānau/family and social wellbeing. While not an official part of Te Whare Tapa Whā, our connection with the whenua/land forms the foundation.



The daily ‘take time to kōrero’ activity ideas on the following pages are inspired by Te Whare Tapa Whā and the Five Ways to Wellbeing, which are simple strategies proven to boost wellbeing. Head here for further information on the Five Ways to Wellbeing: [mentalhealth.org.nz/five-ways-to-wellbeing](https://mentalhealth.org.nz/five-ways-to-wellbeing).

## FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS

 **Mental Health Foundation**  
OF NEW ZEALAND  
mauri tū, mauri ora

# RĀHINA | MONDAY

## Reconnect with someone you care about *He hononga tangata, he hononga aroha*

When life gets busy it's easy to forget to check in with the people in our lives, but we know connection is important for our wellbeing. Having a kōrero with others nurtures our relationships and helps us to feel happy, connected and secure. Over time, these chats help us to understand each other better and ensure we have people we can count on when times are tough. Today we encourage you to reconnect with someone you care about. Whether it's with whānau, friends, hoamahi/colleagues, iwi or community, a little chat can go a long way.

### A few ideas for reconnecting:

- Check in with whānau you haven't spoken to in a while. Have a chat on the phone, send them a text or catch up kanohi ki te kanohi/face to face if you can. Ask them how they're going and really listen.
- Write a letter or email to your whānau sharing what you appreciate about them.
- Look back through your photos and share a happy memory to reconnect with someone you've lost touch with.
- Get to know your hoamahi/colleagues a little better by using our [kōrero card set](#).
- For tamariki in the classroom or at home, check out [Common Ground](#) or [Can't Do it Without You](#) activities on the Sparklers website.
- Have a think about whether there is someone in your life who may be going through a tough time. Take time to kōrero and ask them how they are, empathise and listen. You can find more support for how to have a safe and supportive kōrero on page 16.



*How do you reconnect with people you care about?*

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## Get outside in nature with someone

### *E puta ki te taiao*

It's often the little things that bring us joy. The singing birds, the grass beneath our feet, the wind on our faces. Kōrero doesn't have to happen indoors. Today we encourage you to get outside in nature with someone else. Take a moment to chat about the things that support your wellbeing and appreciate the beauty around you. You might be surprised by what you notice!

#### **A few ideas for connecting in nature:**

- Have your lunch outside with a friend or hoamahi/colleague, take notice of the nature around you. Even if you work outdoors, it's great to take a break and spend some quality time together outside of your work space.
- Connect with the whenua; grab some mates and get into the great outdoors – go on a bush walk, walk up your local maunga, breathe in the salty fresh air of the moana. Take time to kōrero and get to know each other whilst you're there.
- Head down to your local beach with a friend or whānau member and pick up any rubbish you come across. It's a great way to spend quality time together outside and keep Aotearoa beautiful! Check out the [Department of Conservation website](#) for more ideas.
- Take tamariki on a nature walk and get them to point out the things they see, smell and hear. Ask them how being in nature makes them feel. Or, head to the school field, park or your backyard and have tamariki lie on the grass and do this tummy breathing [Sleeping Statues](#) activity from the Sparklers website.
- Have a cuppa and a kōrero in the garden with your whānau, listen to the birds, be present and enjoy each other's company. You might like to take off your shoes and feel the grass beneath your feet.
- Go outdoors, snap a photo of some nature that catches your eye and send it to someone to brighten their day.





*Where are your favourite spots in nature and who do you love sharing them with?*

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# RĀAPA | WEDNESDAY

## Have a kōrero about Te Whare Tapa Whā *Tōku Whare Tapa Whā*

Now that we're halfway through MHAW, why not use this day to explore your wellbeing through Te Whare Tapa Whā and have a kōrero with someone else about what you learn? Consider the four pou and think about the different ways you can boost your wellbeing.

### A few ideas for exploring Te Whare Tapa Whā:

- Learn about Te Whare Tapa Whā and its four dimensions of wellbeing. Reflect on which areas you feel are going well for you right now and which ones you need to focus on for your hauora/wellbeing. Share your thoughts with someone else.
- If you're in an office or shared workspace, get hoamahi together and have each corner of the room represent one of the four dimensions of Te Whare Tapa Whā. Ask them to stand in the corner of the dimension they feel is strongest for them at the moment. They might like to then share why they chose this dimension with the group.
- Print out and fold this Chatterbox to encourage tamariki to have a kōrero about their wellbeing using Te Whare Tapa Whā.
- Take a moment for your wairua by trying these Te Ao Māori mindful breathing exercises: [allright.org.nz/tools/hikitia-te-ha](https://allright.org.nz/tools/hikitia-te-ha).
- Add a song to our MHAWNZ playlist on Spotify. It might be a song you love to work out to for your tinana, that uplifts your wairua, soothes your hinengaro, or a whānau favourite that you sing along to in the car!
- For another tamariki activity idea from Sparklers, try Fill My..Whare Tapa Whā.



*What do you do to look after the different aspects of your wellbeing?*

**Taha hinengaro**

**Taha wairua**

**Taha tinana**

**Taha whānau**

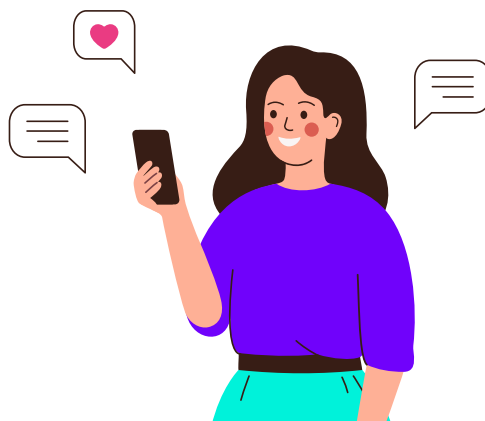
# RĀPARE | THURSDAY

## Connect through kindness *Takohatia ki tētahi*

When we do something nice for someone else, be it a friend, colleague or stranger, not only does it make them feel good, it gives our wellbeing a boost in return. Whether it's a big gesture or just a smile, everyone has a little act of kindness to offer. Think about someone who might need some extra support right now, because today is all about giving: our time, our kindness, our aroha, our kōrero, to others.

### A few ideas for spreading kindness:

- Send a kind message to someone in your life and let them know you're thinking of them.
- Visit a friend, neighbour or family member who could do with some company or tautoko/support. If you're unable to visit, give them a call.
- Volunteer your time to others in need – join a community group, pick up someone's groceries or simply drop off a hot meal to someone who could do with a helping hand – not only will it create a moment to kōrero, it will give you and them a feel-good boost.
- Make a kaimahi a cup of tea or bring in some biscuits and create a moment to kōrero in the lunchroom – look for opportunities to put a smile on someone's face.
- Introduce yourself to a new parent at your child's school, new kaimahi at your workplace or a new neighbour in your community. Ask them if there's anything you can do to help them settle in.
- For tamariki, check out [Give a Bunch of Kindness](#) and [Everyday Kindness](#) activities from Sparklers at Home.



*What's your go-to little act of kindness?*

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# RĀMERE | FRIDAY

## Come together and reflect

*Noho tahi, kōrero tahi*

Come together with others at school, work or home, or find a moment on your own to reflect on the week just gone. Be present and take time to kōrero about the things you've learnt, and the wellbeing tools you're going to continue with. What little chats have you had this week? How does connecting with others and talking openly about wellbeing make you feel?

### A few ideas for reflecting together:

- Try switching off the TV for a night and play a game with your partner or tamariki instead. You could even make music together, or just talk.
- Organise a virtual dinner date. Set a time to eat and jump on a video call with someone else. Share kai, reflect on your weeks and chat about how you're going to keep up the kōrero.
- Plan a whānau activity day - create a moment to kōrero about what makes each person feel good and plan an activity that focuses on each of those things. It could be getting out in nature for a walk, cooking a favourite meal, or video calling a relative overseas.
- Share kōrero and kai with your team at work. Everyone bring a plate and chat about the things that you do to look after your wellbeing. If you're working from home, have lunch and chat together over Zoom. Afterwards, have kaimahi fill in the **wellbeing action plan** at the end of this guide to help them stay mentally healthy at work.
- For tamariki, end the week with this [How Am I Doing?](#) activity by Sparklers. It'll encourage them to think about their wellbeing and all of the things they already do to care for it.



*What are your reflections on the week?*

A large, empty rectangular box with rounded corners, outlined in a gradient from purple to cyan, intended for writing reflections.

# HOW TO HAVE A SAFE AND SUPPORTIVE KŌRERO

Taking time to kōrero is important, especially if you've noticed someone you care about hasn't been themselves lately. You might have noticed a change in their behaviour, in the things they are doing (or not doing) or saying (or not saying). You may have noticed them withdraw from things they would normally enjoy. Here's some advice if you find yourself having a kōrero with someone who's going through a tough time.

## Setting the scene

- **Who is the person you're concerned about, and who are you in relation to them?** Are you a colleague, manager, friend, whānau member or romantic partner, for example? To open the kōrero at work, see our [Open Minds e-learning programme](#).
- **Are you the right person to open the kōrero with them,** or is there someone you know who is better placed? Who would that be? Could you talk to them about it?
- **If you are the right person, find somewhere relaxing, quiet and private to have the kōrero.** Have it kanohi ki te kanohi/in person if possible.
- **Timing is important – it's best not to open the kōrero when the person is busy doing something else.** It can be easier to start a kōrero when you're already doing something relaxing together, such as going for a hīkoi/walk. Avoid opening the kōrero at times when you're also feeling distressed, stressed or busy, so that you have the time and patience to give your best to it.

## Opening and having the kōrero

You can have a kōrero by:

- **Just opening it.** There's no right way to start, but an open-ended pātai/question such as "I've noticed you're not yourself lately, anything up?" can work a treat.
- **Giving someone space** and the opportunity to open up at their own pace.
- **Listening carefully to how they describe their experiences** and asking open-ended questions to keep the conversation going.
- **Giving and taking in the kōrero.** Ask them about how they're feeling and share how you're feeling too. This takes the pressure off the conversation and can help your loved one feel they're contributing and have advice of their own to share.



- **Validating their feelings.** Try to see things from their point of view and understand what might be causing their feelings. Accept your loved one's experiences as real and true for them.
- **Echoing back what you're hearing.** During your kōrero, it's important to echo or repeat key points your whānau member or loved one is saying. This will help to clarify what you're hearing and help you both to come up with constructive solutions.
- **Trying not to 'fix' their problems.** It's better to accept our loved ones instead of trying to rescue them. Remember that small, simple things can help, and that just being there for your whānau or hoa/friend is probably helping a lot.

Your kōrero may stop here, or it may lead to more kōrero. If it leads to more kōrero, it's important to consider whether the person would like your support, and whether you are the right person to offer that support. Make sure you don't take on the role of a professional counsellor or be someone's sole support person. See the following page for a list of services that you can turn to for help.

**Remember to look after yourself.** Being there for someone else can be tough, so make sure you take some time for yourself, and get the support you need too.



# WHERE TO TURN FOR SUPPORT/HELP

For some people, this week might have brought up some sadness or distress. If you've had a kōrero with someone and you think they need further tautoko/ support, or if you're worried about yourself, it's okay, there is help available – no one should go through a tough time alone.

The best first point of contact is to visit your GP or tākuta or offer to go to a GP/ tākuta with your friend or whānau member. They can help assess what further support might be needed.

Below is a list of some of the services available in New Zealand that offer support, information and help. All services are available 24 hours a day, seven days a week unless otherwise specified.

## In crisis

If you or someone you know is in immediate danger, call 111.

## National helplines

**Need to talk?** Free call or text 1737 any time for support from a trained counsellor

**Lifeline** – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

**Suicide Crisis Helpline** – 0508 828 865 (0508 TAUTOKO)

**Youthline** – 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or online chat

Remember it's okay to get support for yourself when you're supporting someone you care about. Yellow Brick Road provides support for the loved ones of people experiencing mental distress/illness throughout Aotearoa: [yellowbrickroad.org.nz](http://yellowbrickroad.org.nz).



# WELLBEING ACTION PLAN

While MHAW is a great opportunity to tune into our mental health and wellbeing, it's important we keep up the kōrero beyond the week itself. This action plan is designed to help you take notice of the things that make you feel good and do them more often.

<b>How does connecting and having a kōrero with others make you feel?</b>	<i>e.g. Valued, supported, happy</i>
<b>Who are the people you know you can lean on?</b>	<i>e.g. My best mate</i>
<b>How do you plan on staying in touch with the people you care about beyond MHAW?</b>	<i>e.g. Hold a whānau get together every two months</i>
<b>What helps you to stay mentally healthy at work, school or home?</b>	<i>e.g. Getting outdoors at lunchtime</i>
<b>What's something you'd like to commit to doing to boost your wellbeing? Consider Te Whare Tapa Whā.</b>	<i>e.g. Daily gratitude journaling</i>