

Hauora: Wellbeing

Hauora is the Māori philosophy of healthy wellbeing, which is unique to New Zealand. It comprises of four different dimensions, with each influencing and supporting the other. The concept of wellbeing encompasses the physical, mental and emotional, social, and spiritual dimensions of health.

As the weather naturally cools and we hibernate at home, it's important to continue to maintain a healthy hauora. It involves everything from eating nutritious food (we've got that covered!), to inhaling a daily dose of fresh air, exercising and moving the body, and staying connected with loved ones. It's the perfect time to be checking in and looking after you!

Physical Wellbeing

Taha Tinana

This embodies being healthy and fit, encouraging the physical body in its growth, development, and ability to move.

Remember to care for your body and be kind to it during this time. If you're working from home, how about getting out for a walk at lunch or stretching the body to start the day.

Mental & Emotional Wellbeing

Taha Hinengaro

This describes the thoughts and feelings in our minds, it's about how you feel, communicate and think.

It means ingesting what makes you feel good, to boost your mood and express your thoughts and feelings. Think about what makes you feel this way – it may be baking, getting out for a walk in the great outdoors, meditating or checking in and talking to loved ones.

Social Wellbeing

Taha Whānau

This is about who makes you feel like you belong, who you care about and associate with. It's about creating healthy relationships, not just with your immediate family, but your friends, partners, colleagues, community and others you care about.

Spiritual Wellbeing

Taha Wairua

This explores the relationship with the environment, people and heritage (in the past, present and future). It's about knowing who you are, acknowledging where you have come from and where you are going.

This comes down to personal beliefs. For some individuals and communities, spiritual wellbeing is linked to a particular religion or faith. Whereas others may describe wairua as a connection to the land and universe.

Being comfortable in your identity, values and beliefs will create a stronger self. It helps to carry out mindfulness and kindness in everyday life.