

Taha Wairua

Spiritual health

Are you taking care of more than just your physical wellbeing?

What about your spiritual wellbeing?



Spirituality is knowing who you are, having a strong sense of belonging, connecting with others and the environment, and doing things that enrich your life.

Spiritual health means knowing your own identity and being content with who you are. This strong sense of self-identity helps you be **your own pillar of strength** in hard times.

Never have a moment to stop and breathe? **Having our own time** to sit, reflect, and process life events is crucial.

What you can do for spiritual wellbeing

- **Spend time in nature** – walking by the river, paddling at the beach, hiking through bush.
- **Take the opportunity to reflect** – mindfulness is a great way to do this.
- **Attend places that nurture your soul** – this can be anything – a marae, library, musical group, or church.
- **Set aside 'you' time** – even if it's only ten minutes while you have a morning cup of tea.
- **Talk with others** – positive relationships with whānau and friends can build you up, and help strengthen your spiritual reserves when they are getting low.