



Health Navigator New Zealand Website: COVID-19 mental wellness support

A series of resources for people in Tāmaki Makaurau during the COVID pandemic and beyond.

[Video transcript: Looking after your wairua \(part 1, 2, and 3\)](#)

[Background music plays throughout the video]

[Health Navigator Charitable Trust community engagement lead Tracey Thompson is the speaker throughout the three videos.]

Tracey is seated in front of a decorative wall panel and large plant. She is wearing a grey cardigan, glasses, long bone earrings and a large decorative feather and string necklace.

Tracey has a moko kauae – a traditional female lip and chin tattoo representing her whānau and leadership within her community, recognising her whakapapa, status and abilities.]

[Tracey] Kia ora. So, according to Te Whare Tapa Whā by Ta Mason Durie, wairua in this context is spirituality, and the reason why it's important to keep your spirituality well is balance. Balance with your taha tinana, your taha wairua, taha hinengaro, and taha whānau.

Things that you can do to keep your wairua safe. You can reach out to somebody, stay connected with whānau or friends, perhaps take up something that you've never thought about doing – a hobby, something that makes you happy and something that makes your soul sing. Kia ora.

Exercise is really good for your wairua – going out for walks or run, taking the whānau out, the tamariki, just getting out of the house and to breathe in the fresh air.

Sharing kai is actually a really good way, too. It's sustenance for the tinana and also for the soul. Around a kai table, you can share a lot of kōrero. And actually preparing the kai you know, all in the preparation of kai, when you're gathered around in the kitchen as a whānau, it's very humbling and fulfilling for your one's wairua.

Another thing is also taking up perhaps a craft. So korowai, or harakeke or sewing, you know, anything that really is really interesting for you.