

He Pou Oranga – Tangata Whenua Determinants of Toi Ora

NGA POU MANA O IO	CURRENT STATE (Stress & Triggers) Describe how you are feeling and thinking at this time	TOI ORA PLANNING		
		Immediate Goals (Today)	Short Term Goals (In the Week)	Long Term Goals (Ongoing)
<p>Mana Atua Our Creation from Io Matua Nui and our connection to the spiritual world influence how we interact with our atua who are embodied within the natural world.</p>	<ul style="list-style-type: none"> Overwhelmed 	<ul style="list-style-type: none"> Find a quiet place to sit 	<ul style="list-style-type: none"> Write out some karakia 	<ul style="list-style-type: none"> Recite Karakia Daily
<p>Mana Tūpuna Our connection to our ancestors unites us all as tangata whenua through our whakapapa, strengthening our collective spirit and guiding our ultimate direction.</p>	<ul style="list-style-type: none"> Disconnected 	<ul style="list-style-type: none"> Think about my Tūpuna 	<ul style="list-style-type: none"> Connect with whānau to explore my whakapapa 	<ul style="list-style-type: none"> Share my whakapapa with others
<p>Mana Tangata Our Unique identity, qualities and attributes as human beings, and as tāne and wāhine, affirm our special place and purpose within whānau, hapū and iwi.</p>	<ul style="list-style-type: none"> Lonely 	<ul style="list-style-type: none"> Call someone in my whānau to kōrero 	<ul style="list-style-type: none"> Write down my strengths 	<ul style="list-style-type: none"> Acknowledge and build on my strengths each day
<p>Mana Whenua Our conception connects us to our turangawaewae that affirms our rights to be self-determining over our ancestral lands and water ways.</p>	<ul style="list-style-type: none"> Tired 	<ul style="list-style-type: none"> Ground myself with Papatuanuku and rest 	<ul style="list-style-type: none"> Go for a walks 	<ul style="list-style-type: none"> Explore the whenua around me more
<p>Mana Moana Our connectedness to Te Moana a Toi affirms our wayfinding legacies and our unique relationship to Tangaroa, including our responsibilities as Kaitiaki.</p>	<ul style="list-style-type: none"> Restless 	<ul style="list-style-type: none"> Focus on hearing the sound of water 	<ul style="list-style-type: none"> Bathe my feet in water/ sea/awa/bath 	<ul style="list-style-type: none"> Cleanse my tinana in water monthly

E hoki koe ki ō maunga, ki ō awa – kia pūrea koe e ngā Hauora ō Tāwhirimatea

Return to your mountains and rivers that you may be purified by the winds of Tāwhirimatea

These pou oranga orient us toward our ancestral teachings, principals and knowledge systems embodied within our māramataka, rongoa, kawa, tikanga, reo and Mātauranga. He Pou Oranga supports us to lead flourishing lives as Māori with optimum spiritual, mental, social, emotional and physical wellbeing.

How to use He Pou Oranga:

1. **Get familiar** with the Nga Pou Mana o lo

- Think about what these Pou mean to you, your current state and most important your future

2. **Think about** how you are currently feeling and thinking at this time in relation to Nga Pou Mana o lo

- There are examples already in the box to use as a guide
- **Write** in your feelings, triggers or emotions
- You may be feeling happy, excited and confused or a mix of emotions. Focus on one that you feel most.
- It is about how you feel whether happy or feeling low. If you do have positive emotions, use these as strengths to guide the areas you may be feeling low in.

3. **Immediate Goals**

- **Write** in the box what you can do right now or within the day
- It does not have to be huge, think of small tasks or steps to take that lift your wellbeing

4. **Short term Goals**

- **Write** in the box what you would like to achieve within the week that contributes to you feeling more balanced
- **Remember** this is what works for you, no one else

5. **Long term Goals**

- Write in the box what you would like to achieve long term and what you would like to keep doing in the future to maintain your health and wellbeing

Remember:

- This is your plan and guide to support your Health and Wellbeing
- If you need to change what you have written at any time, you can adjust it when needed

**Safety of yourself, whānau and mokopuna is paramount, where needed seek other support services (Example: Police 111)
if you recognise heighten risk or have concerns for your own or whānau safety.**