



Piki te Ora

Raumati Edition



TE TAHA WHĀNAU

Stay connected

- ☐ Spend time with whānau who uplift you
- ☐ Check in on someone who might need a reminder that you care
- ☐ Prioritise kotahitanga, kōrero and kai shared with loved ones
- ☐ Attend wānanga with your whānau, hapū, iwi



TE TAHA TINANA

Look after your body

- ☐ Drink water and eat balanced kai
- ☐ Gentle exercise (yoga, stretching, barefoot walk outside, dance)
- ☐ Sleep and stay grounded (intentional rest time if you are not sleeping)
- ☐ Hot-cold therapy (30 seconds cold shower, 30 seconds warm shower)



TE TAHA WAIRUA

Nourish your spirit

- ☐ Learn about the current Maramataka phase
- ☐ Connect to place (whenua, moana, ngahere, awa, tāone)
- ☐ Get creative (make music, art, poems, stories)
- ☐ Learn and recite new karakia, whakataukī and waiata



TE TAHA HINENGARO

Care for your mind

- ☐ Journaling and breathwork (feelings, reflections, wins, learnings)
- ☐ Practise gratitude every day
- ☐ Know your triggers and warning signs
- ☐ Set boundaries - and honour them



KIA HAUMARU

Look out for each other

- ☐ Be supportive if someone is choosing non-alcoholic options
- ☐ Have a designated sober and safe driver
- ☐ Check in on your mates - know the signs of increased consumption and overdose
- ☐ Keep tamariki away from party spaces

