

Te Rerenga o te Tuna

The Journey of the Eel



Your Wellbeing Journey



Whakatakinga

The Beginning

Just like tuna (eel) travel far on their journey from the awa (river) to the moana (sea), our hauora (wellbeing) is a lifelong journey, moving through different waters, facing challenges, and finding strength in connection.

This Hauora Notebook is your companion for that journey. A place to reflect, learn, and take small steps toward a warmer, healthier, more balanced home and life.

Every action, no matter how small; like turning off the switch, opening windows, choosing kai that nourishes, or moving your body with aroha, brings you closer to balance and mauri ora (wellbeing).



Ngā Pou o Te Hauora

The Four Pillars

1. Tinana (Physical wellbeing)

Like the eel's strong body moving through many waters, our tinana needs warmth, movement, and nourishment.

This book includes simple tips for energy efficient homes, easy exercise ideas, and healthy kai inspiration.

2. Hinengaro (Mental and emotional wellbeing)

Tuna navigate long distances by instinct and memory. Our hinengaro also needs direction. Setting small goals, reflecting on progress, and creating calm through mindfulness and routine.

3. Wairua (Spiritual wellbeing)

Our wairua gives us purpose and connection. Take time for grounding, gratitude, and moments of quiet, by reconnecting with yourself, your whānau, and te taiao (the natural world).

4. Whānau (Family and social wellbeing)

Tuna thrive when their ecosystem is balanced, just as we thrive in supportive, caring environments.

This book helps you and your whānau work together to make your home warmer, your energy use wiser, and your wellbeing stronger.



He Ara Whakamua

Moving Forward

As you use this book, think of yourself as the tuna, moving steadily toward the ocean of wellbeing.

Each page offers a new stretch of the river:

- **Wairua Healing** – nurturing inner balance
- **Kai Hauora** – eating for energy and wellbeing
- **Ngā Nekeneke Ngāwari** – easy movements for daily life
- **Whare Ora (Healthy Homes) & Energy Tips** – keeping your whare warm and dry

You are on your own haerenga hauora, one step, one current, one choice at a time.

What is your why or your motivation on your hauora journey?





Te Wairua

Nurturing the Spirit

“Ko te wairua te puna o te ora – the spirit is the source of wellbeing.”

Like the eel guided by unseen currents, our wairua leads us through the flow of life. When our spirit feels calm and connected, everything else, like our thoughts, body, and home, aligns with balance and energy.

Daily Wairua Healing Tips

- **Begin with gratitude:** Each morning or evening, name three things you're thankful for. Even small things, like the warmth of your home or the laughter of whānau.
- **Ground yourself in nature:** Take five minutes outdoors. Feel your feet on the earth, listen to birds, or breathe in the fresh air.
- **Clear the energy:** Open windows to let in new air and light. Place a diffuser to allow your favourite scent to flow through or light a candle with intention.
- **Connect with whakapapa:** Display taonga or photos of your tupuna, let them remind you that you're never alone on your journey.
- **Breathe with awareness:** Slow your breathing. Inhale for four, exhale for six, to settle your mauri and calm your thoughts.

Wairua is like the tide, it flows and returns.



Te Kai Hauora

Nourishing the Body

“He kai kei aku ringa – there is food at the end of my hands.”

Just as the tuna gathers strength for its long journey, we feed our bodies to sustain our own haerenga. Eating well doesn't have to be expensive or complicate; it's about balance, preparation, and aroha. Healthier Kai Tips for Whānau

- **Eat the colours of the journey – kai from the whenua to the moana:** Choose kai in many colours, they each bring different nutrients.
- **Plan ahead:** Cook extra portions for tomorrow, this saves time, energy, and power!
- **Warm kai, warm home:** Use slow cookers or airfryers efficiently. Batch cook soups or stews to reheat later.
- **Smarter shopping:** Compare prices, buy seasonal produce, and freeze leftovers to reduce waste.
- **Hydrate with purpose:** Keep a jug of water in the fridge. Cool and refreshing (add lemon, cucumber or mint for flavour).
- **Whānau kai time:** Eat together when possible. This nourishes both body and mind.
- **Strengthen your Tinana:** Talk to your healthcare provider about vaccines that help protect your whānau.”

Every meal is a chance to refuel your journey - simple, real kai keeps your current strong.

Just as good kai keeps our body strong, immunisation helps our tinana build natural defences; protecting us, our tamariki, and our kaumātua from serious illness.

Ngā Nekeneke Ngāwari

Gentle Movement for Daily Life

“He rere, he korikori – movement is life.”

Tuna are always in motion, moving gracefully between rivers and oceans. Likewise, our tinana thrives when we move often (even in small ways) to keep our energy flowing.

Easy Movement Tips for All Ages

- **Morning stretch:** Before you start your day, stretch your arms overhead. Breathe in, letting your ribs expand; exhale as you lower your arms and let your shoulders relax.
- **Move naturally:** Walk when you can; to the mailbox, the dairy, the next room, or park in the furthest park at the supermarket (it all adds up).
- **Whānau fun:** Dance in the lounge, play with tamariki, or have a “movement minute” after dinner.
- **Housework workout:** Vacuuming, gardening, or hanging laundry are great gentle exercises or you can increase the intensity with upbeat music and make it more fun.
- **Outdoor time:** Spend 10 minutes in the sun each day for Vitamin D, your tinana and mood will thank you. A short walk around the block or at one of our local green spaces, yoga, skipping, walking up and down steps if you have them.
- **Rest wisely:** Balance movement with stillness. A few minutes of mindful breathing to recharge.

Like the eel’s steady swim, every small movement keeps your energy flowing and your hauora alive.



Te Whare Ora

The Healthy Home

“He whare ma, he whare ora – a clean, warm home is a healthy home.”

As the tuna finds strength in clean, flowing water, our hauora grows in a home that is warm, dry, and full of life. Your whare is the heart of your journey. This is where wairua, hinengaro, tinana, and whānau all meet and thrive.

Creating a Healthy, Energy Efficient Whare

- **Warmth and Dryness (Tinana):**

Keep the warmth in and dampness out. Open curtains during the day, close them before dark, dry clothes outside, and seal any draughts. Warm air and dry spaces protect your tinana from illness.

- **Calm and Clarity (Hinengaro):**

A tidy, organised space supports a calm mind. Take time to declutter, let in sunlight, and create a small peaceful corner for reflection or karakia.

- **Flow and Connection (Wairua):**

Let your whare breathe. Heat your whare then open doors and windows as wide as you can for 10 – 15 minutes. Fresh dry air in, warm damp air out and energy flow. Display taonga, photos, or greenery that connect you to te taiao and your whakapapa.

- **Togetherness (Whānau):**

Share the care of your home – involve tamariki in simple routines, celebrate progress, and keep each other motivated. A shared whare is a shared hauora journey.



Energy Efficiency Tips for your Journey

- Switch off appliances at the wall when not in use.
- Wash clothes in cold water.
- Let the sun do the work (open curtains by day, close at night).
- Heat only the spaces you are using, keep doors closed, and set your heat pump to 18–20°C.
- Track your power bill each month and celebrate small savings.

As the tuna moves through ever changing waters, your whare too can adapt. One small change at a time, bringing you closer to balance, warmth, and wellbeing.

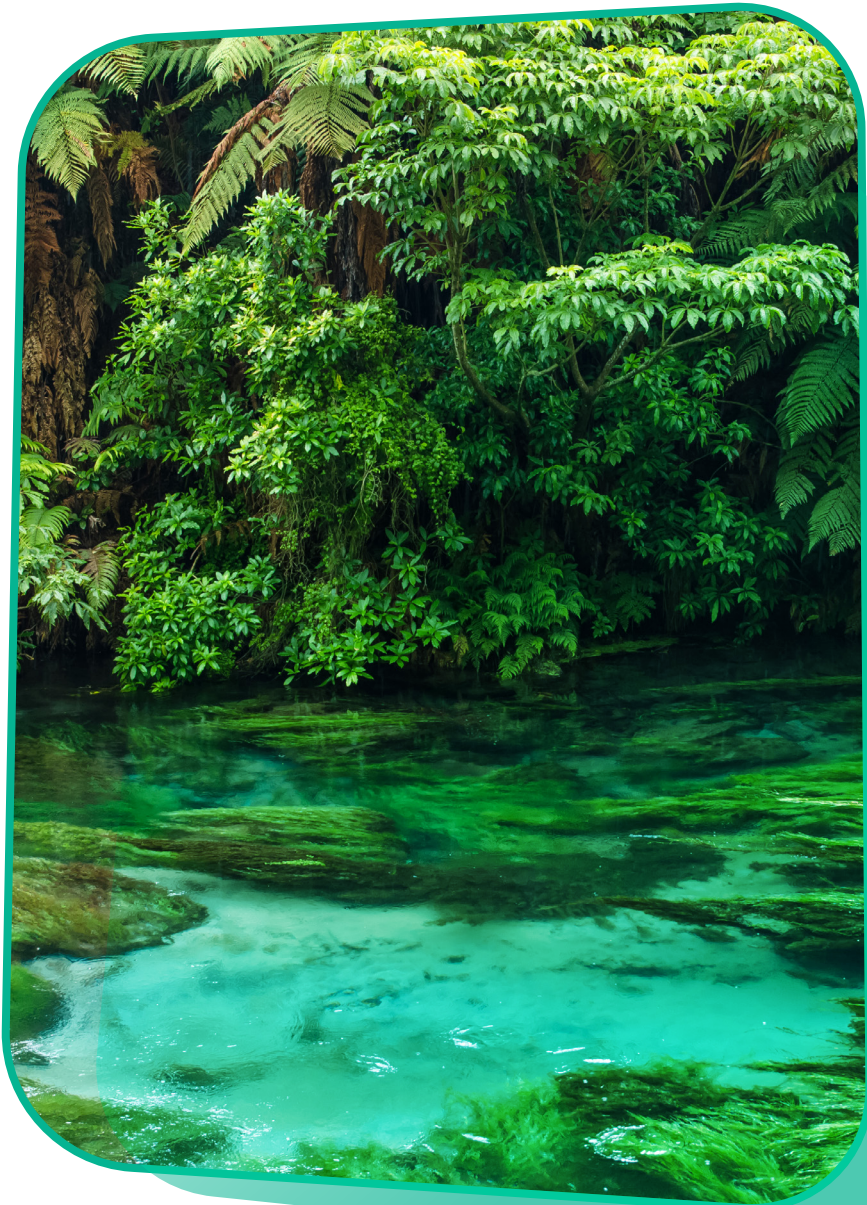


Closing Reflection

At the heart of Te Rerenga o te Tuna is connection. Connection to yourself, your whānau, your whare, and te taiao.

When each of these pages becomes part of your daily rhythm, your hauora strengthens, your energy flows more freely, and your home becomes a source of wellbeing.







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