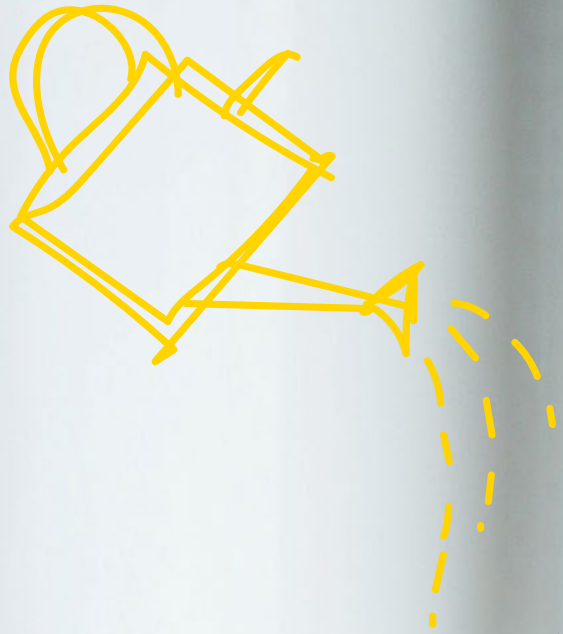


Yellow  
Brick  
Road



# Tāmata, whakaora me te taurikura

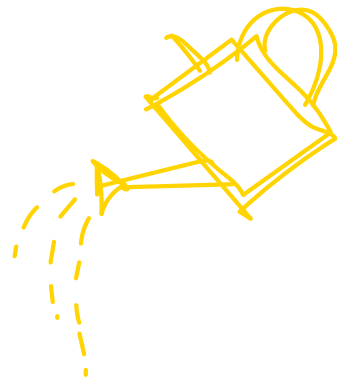
He pukapuka tātaki ki te  
tiaki-whaiaro pai ake

## Nōnahea i arotahi ai koe ki a koe anō?

**Ka tutuki mātou i ā mātou hiahia oranga ia rā me te āhua aunoa; te kai, te moe me te haere ina rere tārewa ki ā mātou mahi o ia rā.**

**Engari nōnahea koe i āta whakaaro ai mō tōu ake oranga? Ka taea e koe te tiaki pai ake i a koe anō?**

**Kei pōhēhētia he kaiapo, ina whai wāhi koe ki te whakaharatau i te tiaki-whaiaro ka puta mai pea he panoni whai tikanga me te pūmau hoki ki tō hauora. Ka whakamanahia koe kia tino whakatutuki i ngā kaupapa maha ia rā.**



## He aha te tiaki-whaiaro?

Ko te tikanga o te tiaki-whaiaro ko te tiaki i a koe me te whai wāhi i roto i tō rā ki te whāngai i tō oranga. He mea ngāwari pea pērā i te kōrero atawhai ki a koe anō, ko te uru rānei ki te mahi takohe.

He mea ka mahia e koe hei whāngai i tō hauora ā-hinengaro, ā-aurongo, ā-wairua, ā-pāpori, ā-tinana anō hoki.

## He aha i hira ai te tiaki-whaiaro?

Me whakakī tātou katoa i ō tātou tinana ki te kora kia tutuki pai ngā mahi o ia rā. Ka āwhina te tiaki-whaiaro ki te whakakī i ō mātou kura - ā-hinengaro, ā-aurongo, ā-tinana anō hoki - kia rite ai mātou ki te whakahaere i ngā pōrearea o ia rā.

Mā te tiaki-whaiaro pai e:

- Whakarewa te hauora ā-tinana, ā-aurongo, ā-hinengaro anō hoki
- Whakapai ake te wairua
- Whakaiti i te māharahara me ngā taumata hēmanawa
- Whakapai ake te kiritau me te māia
- Aukati i te ruha

He ara pai kia mōhio ake ai koe ki a koe anō me te whakapai ake i ō hononga - ki a koe, ki ētahi atu tāngata anō hoki.

Ka taea hoki e mātou te tautoko i ētahi atu tāngata. Mēnā ka tutuki ō mātou hiahia, ā, e mānawa ana tātou, he ngāwari ake ki te hoatu me te kore takarita, ā, me te tautoko i ō tātou whānau ina hiahiatia ana tātou e rātou. Arā, mā te tiaki-whaiaro ka whakangā koe i te hēmanawa.



## He aha e hapa ai i a tātou te tiaki-whaiaro?

He ngāwari te tiaki-whaiaro, ā, ehara i te mea me utu moni, engari he maha ngā wā ka hapa i a mātou. Ko ētahi o ngā tino aukati ki te whakamātau i te tiaki-whaiaro e pēnei ana:

## ‘Kāore au i te whai wā ki te tiaki-whaiaro ia rā’

Kāore e hiahiatia ana e te tiaki-whaiaro ngā wā maha i tō rā oreore. Ka taea i roto i te 1 meneti wā whakatā, e 5 meneti neke atu rānei. He tāwariwari te wā e hiahia ana koe, ā, ka taea te urutau kia tika mō tō momo tauoranga.

Ka rongō koe i ngā painga i muri iho i ngā whakaharatau tiaki-whaiaro mō ētahi meneti noa iho. Kia maumahara koe ko te rahi o te whakapau kaha, e tohu ana i te rahi o te hua.

## ‘E whakaaro ana au he kaiapo te tiaki-whaiaro’

Tērā te tepenga o te wā e taea ana e tētahi o tātou te haere tonu me te kura pōaha. Ina whakarite mātou i te wā mā mātou, e tika ana te whakangā me te kori tinana, ka whakahohea tātou, ā, ka uru ki te tauoranga.

Ka pōhēhētia pea he kaiapo tērā, engari ka āwhina kē i a koe ki te whakatutuki atu i ngā kaupapa māu me ō taupuhi.



## Me pēhea koe e uru ai ki te tiaki-whaiaro?

Ina ako koe ki te tiaki i a koe anō, me tūhura koe i te tuatahi i ōu ake hiahia e āwhina i a koe ki te taurikura engari kāore anō kia tino whakatutukihia.

Pātaingia ēnei pātai ki a koe anō:

- Ka taea rānei te piki i taku hauora?
- Ka taea rānei te piki i taku harikoa?
- Ka taea rānei te piki taku āiotanga?
- E hiahia ana au ki ētahi atu whakangahau i roto i taku tauoranga?
- E hiahia ana au ki te whakangā me te wā hāngū i roto i taku tauoranga?
- Me whai wā rānei au me ētahi atu tāngata?
- Me whai wā ā-wairua/ ā-whakaaroaro rānei au?

Tuhia ō whakautu, ā, ka whakarārangi he aha ngā mahi tika ki te whakatutuki i aua hiahia. Whakaarohia te wā e wātea ana ki a koe, he aha ngā panoni nui me ngā panoni iti e taea ana e koe, ā, ko ēhea ngā kaupapa matua mō te oranga.

Ki te mōhio koe ki tēnei, ka taea e koe te whakamahere hei whakapiki i tō oranga me te āwhina i a koe kia eke ki tō taumata pai rawa.

Kia maumahara ko te kaupapa o te tiaki-whaiaro te hātepe me te whakaharatau. He uaua i te tīmatanga, nā te mea ka kaha tātou ki te karo i ngā panoni hou, ā, ka wareware, ka ātete rānei i te whakaharatau.

Kia maumahara he wā roa pea kia whakapūmau i ngā hātepe hou, ā, ehara i te mea ngāwari i ngā wā katoa. Ki te mārāma koe he āwhina kia ū tonu ki tō mahere.

Nāwai rā, ka pūmau ō panoni karioi, whakaaweawe hoki mō tō oranga.

**Ko ngā mahi tiaki-whaiaro hei mahi ki te kāinga**

Me tīmata i te rātaka me te whakarārangi i ngā mea e 3 e whakawhetaihia ana e koe i ia rā.

Whakamātauhia te whakamanatū, te āta mahara rānei. Ahakoa 5 meneti noa iho ka rongu koe i ngā painga.

Whakaritea ngā rohenga me ngā tepenga mō ngā mea ka taea e koe, kāore e taea rānei i ia rā.

Me puta ki waho me te tūhono ki te taiao.

Kia harikoa ki ngā hihi o te rā me te otaota i raro i ō waewae.

Tūhonotia ki ngā ratonga me ngā rōpū e āhei ana te whakatenatena i a koe.

Whakaemihia ngā tāngata e homai ana i te whakaaro pai ki tō tauoranga.

Pātaingia mō ngā mea e tino hiahia ana koe.

Rapuhia ngā āheinga ki te kata.

Kia mōhio ki ngā mahi e harikoa ai koe, ā, kia kaha te mahi i aua mahi.

Kia tika ngā kōwhiringa kai hauora hei whāngai i tō tinana me tō hinengaro.

Kia tika te moe, ā, haere ki te moe i te wā ōrite ia pō.

Me noho takitahi koe ki te whai whakaaro ki tō oranga, ki te whakangā rānei me te hāngū.

Whakaharatau kia noho koe ki mua.

Kia auau te kori tinana.

Haere atu mō te mutunga wiki, mō tētahi haerenga poto rānei ki te tāone tata.

Whakaritea tō wā tiaki-whaiaro, ā, kia ū!

## Whakaharatauhia te whakahua i te kupu “kāo”

Ko tētahi o ngā wāhanga uaua o te tiaki-whaiaro ko te ako ki te whakahua i te kupu kāo ki ngā hiahia me ngā tono o ētahi atu tāngata. Whakangāwaritia mā te hanga i te rārangi o ngā mea “kāore” e mōhio ana koe kāore he pai ki a koe, kāore rānei koe e hiahia ana ki te mahi ināiane.

Kia noho tata te rārangi o ngā kīanga hei āwhina i a koe ki te whakahua i te kupu kāore ā muri ake:

**“Kāore e taea e au i tēnei rā. Ko wai tētahi atu tangata hei tono?”**

**“Tēnā koe, engari kāo. E hiahia ana ki te whai wā mōku. Ka taea te mahi ā muri ake?”**

## Ka pēhea a Yellow Brick Road e āwhina ai i a koe

Ia te rā ka tīmata mātou ki te whakatūturu kia whakarongohia ngā whānau, kia tautokohia, kia whai taputapu, ā, kia tino māia ki te karo i ngā wero kei mua i te aroaro.

Mēnā kua tautuhi koe i te hiahia kia pai ake te tiaki i a koe anō, ā, e hiahia ana koe ki te āwhina, whakapā mai ki a mātou. He kore utu, he muna ā mātou ratonga



## Mā tātou takitahi e whakamahi ai i te rerekētanga mō tātou katoa.

### Ko te whānau ora, ā, koia te tūāpapa e whakaohooho ana i ngā āhuatanga katoa o ā mātou mahi.

Ko Yellow Brick Road te rōpū ā-motu e  
matatau ana ki te whakarato i te tautoko  
mō ngā whānau kua whai taupuhi e wheako  
ana i ngā wero hauora hinengaro.

I muri iho i te 40 tau e mahi ana me ngā  
tāngata huri noa i Aotearoa, e mōhio ana  
mātou mēnā e tika ana te tautoko me te  
whakamana i te whānau o te taupuhi e  
wheako ana i te auhi hinengaro, ka tae atu  
ki te pikinga oranga te ara e takahia ana e  
rātou mō te whānau katoa.

Ko te panoni pai tā mātou arotahi matua.  
Mā te mahi tahi, ka āwhina mātou i a koe  
kia taurikura.



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