

Te Manawapā

He kaha atu te manawapā i te rongo i te tāmitanga, i te māharahara rānei. Ka whēuaua pea te ū tonu, heoi anō, mā te tautoko tika e pai ake ai te haere.

He aha te Manawapā?

Kei te mōhio tātou ki ngā āhuetanga o te āwangawanga. Anō nei he pūrerehua kei roto i te puku i mua i te tū ki te kōrero, ko te āmaimai rānei i mua i tētahi whakamātautau nui, ko taua whakataetae whiringa toa rānei i whakangungu ai koe i a koe anō. He wheako te rongo i te manawapā kia whakarite ai ō tātou tinana i a tātou anō kia whakamauru i aua āhuetanga uaua. I ētahi wā, ka hīkina tā tātou mahi mā te whakaara ake, mā te whakahihiko hoki.

Ka pari te tai, ka timu te tai o te manawapā – otirā, ka mau wā roa ki ētahi tāngata, ā, ka kaha pāngia te oranga ia rā, ia rā. Mehemea kua puta mai tēnei āhuetanga i ngā wiki e rua kua hipa, kua āwangawanga tonu koe, kua matakū tonu, kua māuiui koe i te whakairo mō ētahi āhuetanga ka pā mai pea, mō te take kore rānei – ka pāngia pea koe e te Manawapā.



He aha ngā tohu me ōna āhuetanga?

Kotahi tangata o ia tokowhā tāngata i Aotearoa Niu Tirenī ka pāngia e te manawapā . He rerekē te rongo a tēnā, a tēnā i te manawapā, otirā, arā ētahi āhuetanga, tohu māuiui hoki o te manawapā e kitea whānuitia ana tae atu ki:

Ngā taurangi ā-tinana ki te:

- ✕ manawa whētukituki tere
- ✕ tūngāngā
- ✕ āmaimai, te hīwiniwini (ki te kakī tonu, ki ngā pokohiwi, me te tuarā)
- ✕ heke o te werawera, te pōātinitini rānei
- ✕ ngāueue
- ✕ kanekane
- ✕ rongo māuiui o te puku
- ✕ ānini o te māhunga / upoko mamae
- ✕ ruakiu

Te huringa mahara ki te:

- ✕ anipā i te nuinga o te wā
- ✕ kore āhei te whakararau i te mānukanuka
- ✕ kore ū o ngā whakaaro, o te arotahi hoki
- ✕ nui rawa o ngā māharahara
- ✕ whakaaro ka puta mai he hua tino kino rawa atu.

Ētahi anō huringa:

- ✕ tē taea te okioki
- ✕ te parepare i te tangata, i ngā wāhi pērā ki te kura, te whare karakia, ngā kaupapa ā-whānau, ngā hākinakina, ngā ngahau rānei
- ✕ te parepare i ngā hoa, te whānau hoki
- ✕ te anipā, te whanowhanoā, te kārangirangi
- ✕ te moe hurihuri i te pō, te moe toropuku i te pō rānei.

He aha ngā momo māuiui manawapā e kitea whānuitia ana?

Ko ngā māuiui manawapā ētahi o ngā māuiui hinengaro he whānui te pānga ki te hunga rangatahi. Ka pāngia te tangata e ngā momo māuiui manawapā, heoi anō, he mea hiranga te mārama ka āhei te whakaora i te katoa.

Te manawapā noa

Ka māharahara ētahi tāngata i te nuinga o te wā, ka mahara pea kua pokea rātou e ngā raruraru. Ka rongo pea i te āwangawanga, i te mōniana i te nuinga o te wā, ā, he uaua te moe, te arotahi rānei.

Te manawapā pāpori

Ka rongo pea ētahi tāngata i te kaha manawapā i ngā horopaki pāpori, nā te matakū ki te whakamā, ki te whakawāwā rānei. Mā tēnei e tīmata ai pea te tangata ki te parepare i ngā taiwhanga kei reira he tangata anō, pērā ki te noho i te taha o ngā hoa, te haere rānei ki te mahi, te kura, te whare wānanga rānei, me ngā kaupapa ā-porihanga, ā-whānau hoki.

Te manawapā wehe

Ka rongo ētahi tāngata i te kaha matakū i te tau wehe i ngā tāngata aroha, pērā ki ngā mātua, ngā tuākana me ngā teina rānei, ka auau te whakawherere rānei, ka māmā pea rātou.

Mae ahoaho

Ka rongo ētahi tāngata i te kaha manawapā i ētahi horopaki i waho i te kāinga. Tae atu tēnei ki ngā wāhi tūmatanui, ngā waka tūmatanui, ngā wāhi haupunu, te takitini, takimano tāngata rānei.

Māuiui maurirere

Ka auau te pānga ki ētahi tāngata o te maurirere me te matakū wā roa mō te pānga anō o te māuiui maurirere.

He mae whāiti

I ētahi wā ka rongo pea te tangata i te matakū ki tētahi tūāhua whāiti, mea whāiti rānei, pērā ki te wāhi pakupaku, ki te pūngāwerewere rānei. Ko te tikanga ka parepare ai te tangata i taua tūāhua, i taua mea rānei, ā, ka tino matakū, ka matakū pea rānei, i ngā wā ka ahu mai taua tūāhua, taua mea rānei.

Tokomaha ngā tāngata ka karo i ngā mea ka whakamataku i a rātou. Ina ka taupātia te orange o ia rā, o ia rā, me tono tautoko ka tika.

He aha te Māuiui Maurirere?

Ko te māuiui maurirere he manawapā kino, te tino matakū ohorere rānei me ngā mahara, ngā rongo ā-tinana whakamataku hoki.

Tae atu pea ngā mahara whakamataku ki:

- ✕ 'Ka mate au.'
- ✕ 'Tē taea e au te kapo hau.'
- ✕ 'E kore tēnei e oti.'
- ✕ 'Kua hē tōku manawa.'

Tae atu pea ngā rongo ā-tinana ki te:

- ✕ manawa whētukituki
- ✕ werawera
- ✕ hāhā
- ✕ ngāueue
- ✕ pōātinitini
- ✕ māruru.

Ka rongo pea ka pari te ihu, heoi anō ka auau he poto noa (tōna 10 meneti pea). He mea matua kia mōhio mai ka tāwhati, ka memeha ēnei.



Me aha au?

He maha ngā ara hei whakamauru i te manawapā kia kore ai e taupātia tō oranga o ia rā, o ia rā.

Tiakina koe tonu

Ka ahu mai te whakamauru i te manawapā i te opeope whaiaro. Kia kaha te kai i ngā kai pai, kia tika te roa o te moe, ā, kia kori tonu i te tinana hei taunaki i tō hauora hinengaro whānui, i tō toiora hoki. Mā tō tiaki i tō toiora e tautoko ai tō tū māia. Mā te waihanga i tētahi puka tiaki whaiaro, rātaka tiaki whaiaro rānei e tautoko ai i tō whakakaha ake i tō tiaki whaiaro mōu ake.

Kōrerotia ngā kare ā-roto

He pai te whakatau kia kōrerotia ō kare ā-roto – ki tō whānau, ō hoa, tō kaiako, tō kaiako hākinakina, tō pouako hākinakina, tō minita hāhi, ō kaumātua rānei. He māori noa kia pāngia e te manawapā, ā, mā te āwhina a tangata kē atu koe e tautoko ai kia puta pai ai i taua wheako. Mā rātou koe e āwhina ai te whai mārāma he aha te aha, te ū ki ō whāinga tautiaki whaiaro, ā, ki te matea ka whakaritea he āwhina anō.

Kia aronui koe ki te ia o ō whakaaro

He mea hiranga ki te whakamauru i te manawapā ko te mōhio he aha ngā whakaaro ka whakaaweawe i te manawapā. Mā tērā e mārāma ai koe ki ngā mea ka whāngai i te

manawapā, he aha hoki ōu take. Mā tēnei e āwhina ai koe ki te whai i ara kē, ki te ako rautaki hou kia pakari tonu te tū

Kei te paetukutuku o The Journal www.depression.org ngā rauemi hei āwhina i a koe mō te taha ki ngā tauira whakaaro.

Kia aroā ki te pareparetanga

He āhuetanga māori te hiahia ki te parepare i ngā tūāhua ka toko i te manawapā i roto i a koe. Ahakoa ka ea pea mō te wā poto, ka whakakino atu pea i te manawapā i te rerenga o te wā roa.

Ka puta tēnei āhuetanga nā te mea kāore koe e whai mōhio e kore pea e hua mai, e kore e kino te hua mai rānei o te mea whakamataku ki tāu e māharahara ana.

Ākona he pūkenga whakamau manawapā pērā ki te whai whakaaro whaiaro āwhina, ki te okiokitanga hoki, tēnā, ā tōna wā tirohia ngā mea e whakamataku ana i a koe, ā, whakamahia ō pūkenga. Kia mārama koe ka taea e koe te whakamau i ngā tūāhua manawapā, ka pakari haere koe, ā, ka hihiko te hiahia kia ū tonu, kia ū tonu.

Whakamātauria ētahi rautaki hou hei kapo hau

He pūnaha rongo ā-tinana o ngā tohu māuiui maha. He rautaki pai te āta whakahaere i tō hēhē hei kokoti i taua pūnaha. He wāhi tīmatanga pai te hononga ki [ngā ngohe kapo hau kei te paetukutuku o The Mental Wealth](#).

Tepea tāu kai waipiro, kai whakapōauau atu anō hoki

Ahakoa ka pai pea ngā piropiro mō te wā poto nā ēnei mea, engari ka whakakino atu pea i te rerenga o te wā roa. Arā noa atu ngā rautaki whakatepe i tō kai waipiro, whakapōauau atu anō hoki.

Ko te manawapā me te pāpōuri

He maha noa atu ngā rangatahi e pāngia ana e te māuiui manawapā ka pāngia pea hoki ki ngā tohu māuiui o te pāpōuri. Mā tēnei te āhua pōkaikaha e whakapiki. Mehemea e whakaaro ana koe kua pā tēnei āhua ki a koe, he mea hiranga te kimi tautoko.

Me rapu āwhina i hea

Mā tō GP, tākuta whānau rānei e āwhina ki te tautohu i tētahi huarahi māu, ā, ka tūtohu pea i ētahi rongoā whakapēhi pōuritanga.

Mehemea kei te kura, kei te whare wānanga rānei koe, ka āhei hoki koe te whakauru i tētahi ratonga whakamahereora, i tētahi ratonga toiora ākongā rānei.

Ka taea hoki e koe te patotuhi atu, te waea utu kore atu rānei ki 1737, ko te ratonga tautoko, utu kore hoki, o Aotearoa kei reira ōna kaiwhakamahereora whai tohu, whai tikanga noho muna hoki. Whakamōhioia rātou mō ngā āhuatanga o tō ao, o te tangata rānei e āwangawanga ana koe mōna, ā, mā rātou koe e tautoko.

NEED TO TALK?



**free call or text
any time**

Youthline 0800 376 633, patotuhi utu kore ki 234, imera ki talk@youthline.co.nz, kōrero ā-lpurangi ki www.youthline.co.nz (ka wātea te kōrero ā-lpurangi 7pm – 11pm)

Samaritans 0800 726 666

Healthline 0800 611 116

He rauemi ā-tuihono, he mōhiohio ā-tuihono – utu kore

www.mentalwealth.co.nz – he mōhiohio hāpai taiohi hei āwhina kia mauritau ai, kia whai hononga hoki.

www.auntydee.co.nz – mō tētahi rauemi āwhina whaiaro mā te hunga kei te hia āwhina mō ngā tūraru.

www.sparx.org.nz - he rauemi pāhekoheko hei tautoko i te hunga taiohi ka warea e te hākerekere, e te manawapā rānei.

www.thelowdown.co.nz - ka tautoko i te hunga taiohi ka warea e te hākerekere, e te manawapā rānei.

www.depression.org.nz – he mōhiohio, he puka whaihua hoki hei āwhina e pā ana ki ngā āhuatanga o te hākerekere, o te manawapā hoki.

www.mentalhealth.org.nz - mō te mōhiohio, mō ngā rauemi hoki e pā ana ki te whānuitanga o te hauora ā-hinengaro.

www.netsafe.org.nz - hei ako mō te noho haumaruru ki te ao tuihono.

www.leva.co.nz – e tautoko ana i te hauora ā-hinengaro, i te toiora hoki o ngāi Pasifika.

I waihangatia ngātahitia tēnei puka meka me Headspace Australia (National Youth Mental Health Foundation Ltd).

Mō te mōhiohio whānui noa iho ngā puka meka. Me kaua rawa e pōhēhētia he ōrite ēnei ki ngā tohutohu whakaora, ngā tohutohu hauora rānei. Ahakoa te whakapau kaha kia whakaū ai he pono, he tūturu hoki ngā mōhiohio, kāore a Le Va e tuku warati kei te tika, kei te hāngai tonu, kei te pai rānei mō tētahi kaupapa motuhake. Kei te kī noa ake mātou kāore ō mātou haepapa, taumahatanga rānei mō te ngarotanga atu nō mātou te hē, nō tētahi atu rānei te hē, te turakitanga, te utu, te whakapau pūtea rānei – ahakoa te aha – i te whakamahinga, i te taupuhipuhi rānei mai i ēnei mōhiohio. © 2019 Pacific Inc Limited, kua rāhuitia ngā mōtika katoa.

ISBN: 978-0-9951014-9-4 (PDF)