



# He Whakamāramatanga mō te Mahi Kēmu – He Aratohu mā ngā hoa, mā te whānau hoki

Ka whakapau wā te nuinga o te hunga taiohi ki te Ipurangi, ki te mahi kēmu ā-Ipurangi hoki. Ko te tikanga he ngohe papai ēnei. Heoi anō, mō tētahi hunga rangatahi iti, mā te mahi kēmu e puta mai ai pea ētahi raru i ō oranga i ia rā.

He uaua pea hei whānau, hei hoa rānei kia mōhio atu ki te rerekētanga o te mahi ā-Ipurangi me te mahi kēmu – pai mai rānei, kino mai rānei ki te hauora – kia tautohu hoki i ngā tohu whakatūpato i te wā kei kino haere te hauora i te mahi kēmu me te mahi ā-Ipurangi.

Kua hoahoatia tēnei puka aratohu hei āwhina i a koe kia mārama ake ai ki tā tō tamaiti taiohi whakamahi i te Ipurangi. Ka whakatakoto mōhiohio hoki tēnei ka pēhea pea koe e tautoko ai i ia ki te whakamahi i te Ipurangi kia whai tikanga whaiora.

## Te Mahi Kēmu Whaiora

He whanonga tangata te tākaro kēmu. He mea māori noa, he mea whaiora hoki mā te hunga taiohi te tākaro kēmu i ō rātou oranga i ia rā, tae atu ki te tākaro kēmu ā-tuihono.

Mā te mahi kēmu te hunga taiohi e āwhina ai ki te tūhono atu tētahi ki tētahi, kia noho ā-pāpori hoki. I ōna taumata hauora pai, ka tautokona te hunga taiohi kia rongō i te wairua o te whai wāhi ki tētahi rōpū porihanga, kia whakapiki ake hoki i te kiritau o te tangata. Waihoki he mea pai pea tēnei hei ngohe pārekareka, hei ngohe whakangā hoki, kia noho hoki hei wāhanga o tētahi rātaka i ia rā.

Heoi anō, ehara i te mea he ngohe papai te mahi kēmu i ngā wā katoa. Pērā ki ngā whanonga katoa, ka puta ētahi pānga kino ki te hunga taiohi me ō rātou oranga i ia rā i te mahi kēmu mehemea ka kawea ki tētahi taumata hārukiruki.



## He aha ngā tohu whakatūpato kei te pāngia pea tētahi taiohi e ngā take hauora ā-hinengaro?

Tokomaha ngā whanaunga, ngā hoa hoki ka māharahara pea mehemea ka roa rawa atu te mahi kēmu a tētahi taiohi, tērā pea he tohu tērā kei te pāngia ia e te mate hinengaro.

I ētahi wā ko te mahi kēmu me te mahi ā-Ipurangi mō ngā wā roa tētahi tohu he raru kei te haere, engari kāore i te pērā i ngā wā katoa. Ko te tikanga, mehemea kei te pāngia tētahi taiohi e te mate hinengaro, arā hoki ētahi atu tohu. He mea nui kia mōhio ki ngā tohu whakatūpato, ā, uia tō tamaiti taiohi mō ērā mehemea kei te āwangawanga koe.



He uaua pea hei whānau, hei hoa rānei kia mōhio atu ki te rerekētanga o te mahi māori noa me ngā tohu take hauora ā-hinengaro. Arā ētahi wā he māori noa te rongō i ngā kare-ā-roto o te taumaha, te āmāimai, te riri, te hūneinei, te haumaruru rānei, engari mehemea ka mau roatia ēnei kare-ā-roto (hei tauira, he wiki torutoru neke atu rānei), ā, ka tīmata aua āhuatanga ki te ārai atu i ngā ngohe o ia rā, he tohu whakatūpatō pea ērā o te mate hinengaro.

Mātaihia ngā rerekētanga o te haumaruru me ngā whanonga ka mau tonu roa ake i ngā wiki torutoru. Hei tauira, tērā pea ka pēnei tō tamaiti taiohi:

- ✘ ka aro kore ki ngohe kē atu i ngākaunui ai ia i mua
- ✘ ka rerekē tana moe, tana hiakai hoki
- ✘ ka tere riri, ka tere hīrawerawe rānei
- ✘ ka uaua ake te whaiwhai haere i tana mahi ki te kura, ki tōna wāhi mahi rānei
- ✘ ka whai i ngā whanonga whakawhara kāore rawa ia ka mahi ai, pērā i te kai whakapōauau, te inu waipiro nui rawa
- ✘ he uara rawa kia hāngai tonu ngā whakaaro, kia mau tonu te whakahihikotanga
- ✘ ka taumaha rawa ake, ka māharahara rawa ake, ka pāpouri, ka tangi rānei mō te take kore
- ✘ ka whakapuaki whakaaro whakakāhore, whakaaro mate hoki, me kī, rerekē atu i tōna āhua ake

Pānuitia tā mātou puka meka mō “[He Aha te Mahi Kēmu ā-Ipurangi Whaiora?](#)” mō ētahi mōhiohio anō mō ngā tohu whakatūpatō o te āhua whakararu o te mahi kēmu me te mahi ā-Ipurangi.

## Me pēhea te roa o te wā ka tuku au i taku tamaiti taiohi ki te tākaro kēmu ataata?

He mea hou ngā whanonga mahi kēmu ki te ao pūtaiao hauora, ā, i tēnei wā kāore kau ōna ture tūturu, pūmau hoki. Ko te tikanga, mehemea kei te pāngia kinotia te oranga o tētahi taiohi i ia rā e te mahi kēmu, e te mahi ā-Ipurangi rānei, he raru kei te haere.

Ko te whakapae a ētahi tari, me kua e roa ake i te rua haora i ia rā te mahi kēmu, te mahi ā-Ipurangi rānei a te hunga taiohi. He pai noa kia roa ake te mahi ā-tuihono mehemea kei te whakamahi rorohiko te hunga taiohi mō te mahi kura, mō te mahi rānei.

He mea whakahirahira kia whakaaro mō ngā pānga o te mahi kēmu, o te mahi ā-Ipurangi rānei ki wāhanga kē atu o te oranga o te taiohi he whakahirahira mō te hauora me te toiora. Me whakauru te taiohi ki roto i te whānuitanga o ngā momo ngohe, me tangata kē atu (hei tauira, he wā mō te whānau, he wā mō ngā hoa, he wā noho mōna anō, he ngohe i rō whare, i waho rānei) kia whaiora ai. Me au te moe hoki o te taiohi, me korikori tinana hoki, hei toko ake i tōna hauora, i tōna toiora hoki.

Mehemea kei te kaha whakapau wā tētahi taiohi ki te mahi kēmu, ki te mahi ā-Ipurangi rānei kia kore ai e āhei te whakauru ki roto i ngā momo ngohe, ki te whakapau wā rānei ki te taha o tangata kē atu, ki te

korikori tinana rānei, ki te au o te moe rānei, kāti, he tohu tērā pea he raru kei te haere mō tana mahi ā-lpurangi, mō tana mahi kēmu rānei.



## Me aha au?

Ka whai te hunga taiohi i ngā whanonga ka whakatauiratia mai e te hunga mātua i ō rātou ao, nā, he tīmatanga pai te whakatau taurira mā tāu ake wā tiro matapūrere, mahi ā-lpurangi rānei. Kōrero ki tāu tamaiti taiohi mō te whakahirahira o te “wā matapūrere kore” (tae atu ki te mahi kēmu), me ngā wā e pai ana, kāore i te pai rānei te wā tiro matapūrere.

Kei raro rā ētahi whakaaro hei āwhina i tō whānau ki te whakatau tikanga mō te whakamahi i te wā tiro mata pūrere:

- ✦ he whakapeto ngoi kia kotahi haora i mua i te moe mā te whakamoe pūrere. Mā te whakangā, mā te pānui pukapuka rānei, mā te aro kore atu hoki ki ngā raiti kaha e tīmata ai ō tātou hinengaro ki te whakangā
- ✦ kua e tiro matapūrere i te moenga. Ka whakararu pea te wā tiro matapūrere i te au o te moe o tō tinana. I ētahi wā ka pōhēhē tō tinana ko te rā kē. Nekehia ngā pūrere ki rūma kē atu kia kore ai koe e whakawaia
- ✦ whakatauria te tikanga he wā kore tiro matapūrere te wā kai. He mea angitu pai mā koutou kia noho tahi hei whānau. Pānuitia tā mātou puka meka mō te whakaputa tāoke ā-matihiko
- ✦ whakatau ngohe hei mea tuatahi. Mehemea kei te whakapau wā nui rawa atu tāu tamaiti taiohi ki te mahi kēmu, ki te mahi ā-lpurangi hoki, kia kore ai e āhei te whakauru i ngā momo ngohe, ki te whakapau wā rānei ki te taha o tangata kē atu, ki te korikori tinana rānei, ki te au o te moe rānei, ka āhei koe te whakatau wā motuhake i te rā mō ngohe kē atu me mahi rawa i mua i te mahi kēmu, i te mahi ā-lpurangi rānei, kia whakaaetia ai aua mahi.

## Mā te hunga mātua

Hei mātua, hei matua whāngai rānei, he mea āwhina kia whai wā kōrua ko tāu tamaiti taiohi ki te wā tiro matapūrere, kia whakapau wā rānei kia mōhio ai mō ō rātou wheako ā-tuihono, i a rātou e mahi kēmu ana hoki.

Me whai wā kōrua ko tāu tamaiti taiohi ki te āwhina i a koe kia mārama ai ki ngā wheako ā-mahi kēmu. Ka pātai pea koe:

- ✦ he aha i pai ai ia ki te kēmu
- ✦ he aha tāna i whiwhi ai i taua wheako
- ✦ he aha ngā āhuatanga uaua o te tākaro i te kēmu
- ✦ ka aha ia mehemea kāore i te haere pai te kēmu



Ka taea hoki e koe te ako mō ngā ture me te hanga o te kēmu. Ka taea e koe te rapu kōrero mō:

- ✧ ngā ture
- ✧ te wairua o te papa tākaro
- ✧ te momo o te kēmu
- ✧ te reo/ngā kupu ka whakamahia i roto i te kēmu
- ✧ te hanga (ka tākaro ā-tīma, ka tākaro takitahi rānei, ka taea rānei te tārewa, ka tākarohia rānei e te tini tangata i taua wā tonu, aha, aha).

Mā te mārāma ake ki ēnei mea e āwhina ai koe ki te tautohu āwangawanga, e āwhina ai hoki kia whaihua āu matapaki ki tāu tamaiti taiohi mō tana mahi kēmu.

## Mehemea kei te āwangawanga koe, kōrerotia.

Mehemea kei te āwangawanga koe mō te mahi kēmu a tāu tamaiti taiohi, he tohu whakatūpatō pea he raru kei te haere. Mā tāu tautoko e eke panuku ai pea.

Ka uaua pea te kōrero mō ō āwangawanga ki tāu tamaiti taiohi, engari arā ētahi mahi hei whakangāwari ake i tērā. He mea nui kia rongo te hunga taiohi i te hāneanea, i te tautoko hoki kia taea ai te kōrero mō te hauora, mō te toiora hoki, mō ngā momo tūraru hoki e pā atu ana ki a rātou.

Anei ētahi tīwhiri:

### ✧ Kia mauritau te kōrero

Whakaarotia me pēhea koe e noho hei rangatira mō ōu ake kare-ā-roto. Ko te tikanga ka māharahara te hunga taiohi mō te pāpourī, mō te hūneinei rānei, mō te warea o te whakaaro rānei, mō te riri rānei o ō rātou mātua ki a rātou. Ki te kite mai tāu tamaiti taiohi kei te noho tau koe, kei te whakarongo hoki, ka kaha ake pea tana whakapuaki whakaaro ki a koe.

I te tīmatanga o te matapakinga, ka āhei koe te whakamōhio atu ka kaha noho tau koe, ā, ka kaha tautoko koe i a ia ahakoa te āhua o ngā kōrero ka puta mai.

### ✧ Me noho wātea

Whakamōhiohia tāu tamaiti taiohi kei te wātea koe ki te kōrero mehemea koirā tōna pīrangī.

Me auau te whakapau wā ki tāu tamaiti taiohi – mā te mahi tahi i tētahi ngohe kotahi anake pea ia wiki e ngāwari ake ai te kōrero.

### ✧ Whakaaturia te pono o tō aro atu

Whakaaturia kei te tino aro atu koe ki ngā āhuetanga o te oranga o tāu tamaiti taiohi, ā, kia kaha aro kore atu ki ngā mea kei te whakaaro koe he tūraru.

## Ka pēhea te tīmata i te matapaki

Kia maumahara kāore kau he tīmatanga tino pai rawa atu kia kōrero mō te hauora ā-hinengaro ki tētahi taiohi.

He mea āwhina pea kia tīmata ki ētahi pātai noa, rapu whakaatu whānui noa, pēnei ki ēnei tauira kei raro:

- ✘ 'Kei te pēhea te ... [Hei tauira, kura/hākinakina]?'
- ✘ 'Kei te pēhea koutou ko ... [Hei tauira, ō hoa/ō tuākana/āu teina]?'
- ✘ 'He aha ō whakaaro mō ... [Hei tauira, tea ko/ngā aromatawai]?'

He mea pai kia aro atu ki ētahi whakaaro motuhake, aronganui motuhake rānei. Ka taea e koe te whakamahi i ngā kīnga 'au/koe' hei āwhina kia ngāwari ake ai tēnei:

- ✘ 'Kua kite atu au kei te āhua pōkia ō whakaaro. Kei konei au hei hoa kōrero, hei taringa areare rānei hei āwhina pea.'
- ✘ 'Ko te āhua nei [kei te pōteretere koe/kei te piki, kei te heke koe], kei te pēhea koe?'
- ✘ 'Kei te āhua [hūneinei/pouri] koe, he aha te mate? Tāua tāua, nē.'
- ✘ 'Kei te pai mehemea kāore koe i te pīrangī ki te kōrero ki a au. Ka taea e koe te kōrero ki a [te ingoa o tētahi pakeke ka whakaponotia/mōhiotia]. Heoi, māku tonu koe e whakamōhio atu he nui taku aroha ki a koe, ā, kei te āwangawanga au.'

Ka āwhina hoki pea koe mā te:

- ✘ whakaaro nui ki ngā kare-ā-roto o tāu tamaiti taiohi. Arohaina, whakarongo pīkari atu, ā, kua e whakawā
- ✘ whakamōhio atu ki tāu tamaiti taiohi kei te mārama koe he pārekareka ki a ia tana mahi kēmu, tana mahi ā-lpurangi hoki
- ✘ whakapau wā ki te whakarongo, kua ki te kōrero. I ētahi wā he pai ake te noho wahangū i te tuku whakautu, i te whakatika raru rānei
- ✘ whakamōhio atu ki tāu tamaiti taiohi tō aroha nui mōna. Tērā pea kāore ia e whāki atu engari he mea tino nui pea tēnei ki a ia
- ✘ whakaaro mō tētahi wā pai, mō tētahi wāhi pai hoki kia kōrero ai mō ngā take e pāwera ai te tangata pērā ki te mate hinengaro. Hei tauira, he ngāwari rānei māna te kōrero i te wā taraiwa waka, i te wā hīkoi haere rānei? Pai ake rānei ki a ia kia puta atu i te whare me te kore whakararu mai a tētahi atu? Pai ake rānei ki a ia kia whai hoa i reira hei kaitautoko? I ngā wā katoa he pai ake kia matapaki mō ngā take pāwera mehemea kua mauritau, kua noho wairua haumaruru te tangata
- ✘ whakamōhio atu ki tāu tamaiti taiohi kei te āwangawanga koe, ā, whakamāramatia atu te take. He mea āwhina pea te whakarārangi i ētahi mea kua kitea e koe



- ✘ whakamaumahara atu ki tāu tamaiti taiohi he mea āwhina pea te kōrero mō tētahi raru
- ✘ whakamihi atu me te mōhio he uaua pea te kōrero mō ngā whakaaro, mō ngā kare-ā-roto hoki, ā, i ētahi wā he mea matakū
- ✘ whakatau pai i tāu tamaiti taiohi. Whakamōhiohia kei konei koe mōna, ā, pātai atu he aha tōna pīrangī i a koe hei āwhina atu (tērā pea kāore ia i te mōhio he aha tōna pīrangī)
- ✘ kōrero atu ki tāu tamaiti taiohi kei te hari koa koe kei te kōrero ia ki a koe.

## Te tautoko i te hauora ā-hinengaro pai

Mā te hauora ā-hinengaro pai te hunga taiohi e tautoko ai ki te aro atu ki ngā panoni, ki ngā wero o te oranga ka pā ki a rātou, ā, kia noho whaiora, kia noho whaihua hoki i ō rātou oranga.

Ka taea e koe te āwhina i tāu tamaiti taiohi te noho tau i tōna oranga mā te whakakaha ake i tana whakauru ki roto i ngā ngohe ka tautoko i tōna hauora ā-hinengaro. He mahi haere tonu, he mahi nui hoki te tiaki i tō hauora ā-hinengaro, pērā ki te tiaki i tō hauora ā-tinana. Arā ētahi mea maha ka āhei ngā hoa, te whānau hoki te mahi hei tautoko i te taiohi ki te tiaki i tōna hauora ā-hinengaro.

Ko te noho hei tauira pai mā tāu tamaiti taiohi tētahi mahi tino pai rawa atu hei āwhina i a ia ki te tiaki i tōna hauora ā-hinengaro. Anei ētahi ngohe e taea ai e koe hei akiaki kia tautoko ai i te hauora ā-hinengaro o tāu tamaiti taiohi, kia āwhina ai hoki i a ia ki te whakatau tikanga whaiora haere ake nei. Ākina tāu tamaiti taiohi kia:

- ✘ au te moe mā te whai tikanga pai mō te “pure whakamoe”. Ko te tikanga o tēnei ko te whakamoe pūrere 1-2 haora i mua i te moe, ko te ako hoki i ngā tikanga hei whakangā i mua i te moe (pērā ki te whakaaroaro, ngā mahi hā rānei), ko te pūmau tonu ki ngā wā moe, ki ngā wā oho hoki, ko te whakamimiti i te inu waipiro, i te inu kawhe hoki
- ✘ kai tika, kia kaha inu waimāori. Ko te tunu kaiora kōrua ko tāu tamaiti taiohi, ko te āta kai kia whakatiki, ko te akiaki hoki i a ia ki te kōwhiri kai e pai ana mō te hauora
- ✘ kaha te korikori tinana. Mā te hākinakina auau e āwhina ai tāu tamaiti taiohi kia au te moe, kia hiki hoki i tōna wairua. Hīkoi haere tahi kōrua ko tāu tamaiti taiohi, ākina rānei tāu taiohi ki te whakauru ki roto i tētahi hākinakina ā-tīma
- ✘ mahi tonu i ngā ngohe e ngākaunui ana ki a ia, kia hono atu hoki ki ngā tāngata ka arohaina e ia.

Mō ētahi huatau anō mō te tautoko i te hauora ā-hinengaro o tāu tamaiti taiohi, tēnā toro atu ki [www.mentalwealth.nz](http://www.mentalwealth.nz)

## He whakahirahira hoki tō tiaki i a koe anō

Kia tiaki koe i a koe anō e taea ai e koe te noho manawanui, ā, he ngāwari ake te whai i tētahi huarahi e mauritau ai, e wairua tautoko ai te karawhiu. He whakahirahira kia maumahara koe i ō matea, kia mōhio hoki me rapu mōhiohio, me whai tautoko hoki i hea i te wā ka pīrangitia e koe.

Anei ētahi tīwhiri mō te tiaki whaiaro:

- ✘ kia maumahara kāore kau he matua hē kore, hara kore rānei; ka whakapau kaha tātou ia rā ia rā
- ✘ kia tika te kai, kia kaha hoki te inu waimāori
- ✘ kia kaha te moe kia au, kia ngata
- ✘ whakaritea he wā mōu ake i ia rā kia mahi ai koe i tētahi mea pārekareka ki a koe
- ✘ tonoa he āwhina mōu, he tautoko mōu rānei i tō whānau, i ō hoa hoki, i tō Tākuta rānei, i tō kaiwhakamahereora rānei.

## Hei rapu āwhina ināiane

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. Whakamōhiohia rātou mō ngā āhuatanga o tō ao, o te tangata rānei e āwangawanga ana koe mōna, ā, mā rātou koe e tautoko.

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## He rauemi, he mōhiohio – utu kore mai, tuihono mai hoki

[www.mentalwealth.co.nz](http://www.mentalwealth.co.nz) – he mōhiohio hāpai taiohi hei āwhina kia mauritau ai, kia whai hononga hoki.

[www.auntydee.co.nz](http://www.auntydee.co.nz) – mō tētahi rauemi āwhina whaiaro mā te hunga kei te hia āwhina mō ngā tūraru.

[www.sparx.org.nz](http://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](http://www.thelowdown.co.nz) – ka tautoko i te hunga taiohi ka warea e te hākerekere, e te manawapā rānei.

[www.depression.org.nz](http://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](http://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](http://www.netsafe.org.nz) – hei ako mō te noho haumaruru ki te ao tuihono.

[www.leva.co.nz](http://www.leva.co.nz) – e tautoko ana i te hauora ā-hinengaro, i te toiora hoki o ngāi Pasifika.

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

Mō te mōhiohio whānui noa iho ngā puka meka. Me kua 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.

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ISBN: 978-0-9951015-0-0 (PDF)



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