

The Journey Towards Happiness

Kahupō Ki te Ao Mārama – From Inner Darkness to the World
of Light

The Soul Learning Kaupapa

Simple strategies to help reconnect to self

An online platform of breathing activities, videos and reflection on topics such as:

- Forgiveness
- Letting go of your worries
- Being Balanced
- Social Media
- Your Future
- Understanding Emotions
- Reconnecting to self
- Vulnerability
- Self Love



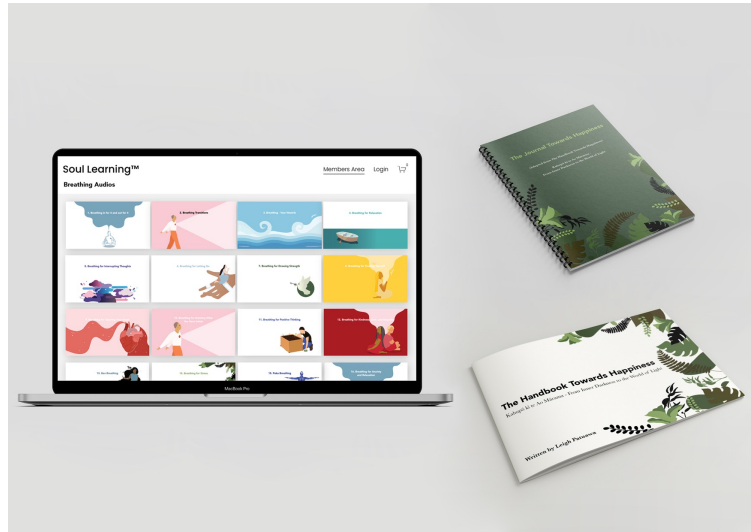
The Journal Towards Happiness



A digital platform with sessions aligning to the Soul Learning journal each participant receives.



The Soul Learning Wellbeing Package for Whānau, Individuals, Corporate and Organisations



A fully resourced te ao Māori based program.

Hands on resources that people can access and utilise in their own space, or use in a group setting; a solution that gives people the help they need, despite Mental Health service capacity issues.

Soul Learning In-School Program

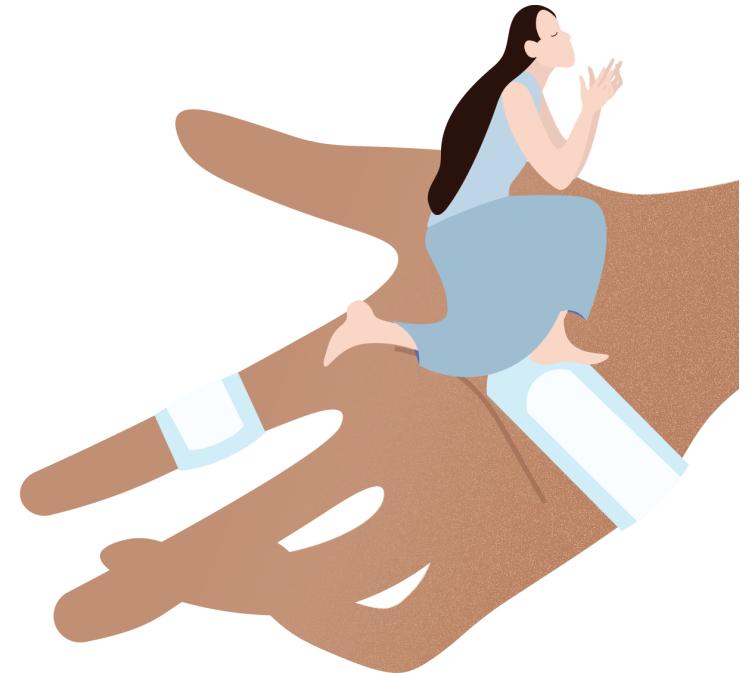


A fully resourced te ao Māori based program, written for schools:

- Includes simple strategies students can incorporate into their daily lives
- Te ao Māori resources and hauora for youth, teachers, whānau and the whole community

Why is Wellbeing Such a Huge Topic?

- Never before are so many people struggling with mental health.
- Generations of people not talking about the things they should, exasperated by the impacts of devices, overload of information the economic climate and COVID.
- Stuck in a world of external validation and materialism, means we have all forgotten who we are on the inside.



Why is Our Wellbeing so Important?

- If we are not OK then the people around us will not be either
- Incorporating simple, lifelong strategies into our daily lives is so easy
- Helps us to reconnect back to ourselves, and remind us of who we are
- Helps to normalise the things we don't talk about
- Helps to break family cycles of trauma
- Improves self belief, empowerment, and connection
- The current climate is unsustainable



How Does This All Relate to You?

Understanding the difference between talking and connecting is the difference between a good relationship and a great relationship

My Question to you is how can we create a connection to others if we are not connected to ourselves?



Connecting back to yourself is the
greatest gift you can give yourself

Let's start the process!!



Kia Taurite - Be Balanced

You are made up of three parts, your tinana (body), your hinengaro (mind) and your wairua (spirit).

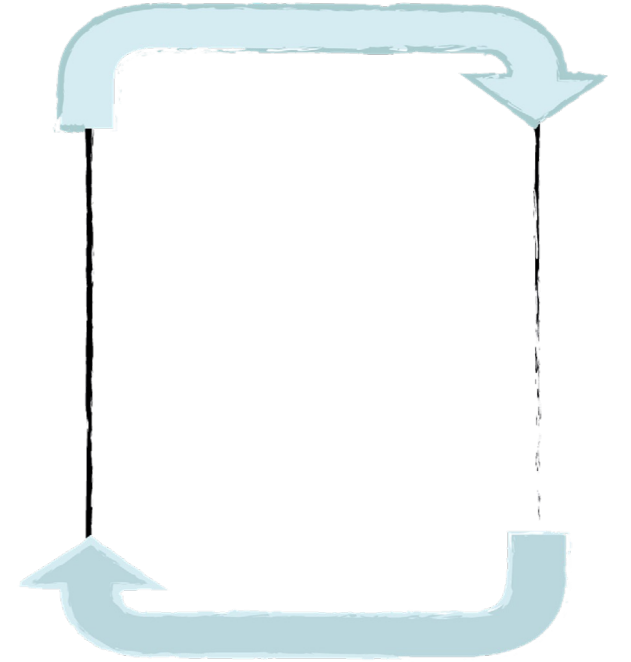
To be well all three parts of you should be balanced.

To have Mauri ora or wellbeing your spirit is enlightened, mind is open, body is in health, and relationships are nurturing and harmonious.



Breathing - A Reminder

- Do your breathing in silence, in a relaxed position, with your eyes closed, in a quiet place for 5-10 minutes EVERY day
- Relax your jaw, your eyes and your forehead
- Take a deep breath and settle in
- Start by counting in for 4 and out for 4
- Let your thoughts come and go
- Keep coming back to your breath when your mind is distracted
- Notice the breath as it changes from in to out (the arrows, top and bottom)
- Be kind to yourself, accept whatever comes up and let it go, focussing back to the breath



Ha ki roto Ha ki waho

Some Strategies We Discussed

- Your Story – Get it out and forgive
- Make a plan to do something for each part of you every day
- Breathe – 5 minutes a day
- Nightly Gratitude
- Make yourself a priority
- Love every part of you – you are special

We all deserve to be deeply happy