

Māori and Pacific people's expressions of well-being

Participants talked about well-being in many ways. Well-being was unique to each person and whānau. When describing what well-being meant to them, these are some of the things people shared:



"The wairua is our anchor, that's what keeps us focused and on track with our well-being."

Woman with stroke



"You know you've got the tinana, the whānau, the wairua and the emotions side."

Man with stroke



"I think it's all of you, body, heart, your head, how your heart feels. No one really can give you tablets to make your heart better."

Woman with stroke



"It's being able to do the things you love in life without any hardship. Being healthy, being able to do things with the family and friends and to be able to work and come home safe."

Man with stroke



"I'm connected with everything that is around me and more so out in the universe I guess, within the hinengaro in the wairuatanga, I'm more connected, I know that I'm connected and I feel in essence of I'm ok."

Woman with stroke



"It's about wairua, and wairua is about the ability for your battery to be fully charged.... Yeah so whatever that takes, so it takes conversation, it takes recognition of who you are, where you're from and all those things are incorporated into the way you think and do things."

Man with stroke

What people found important for their well-being after stroke

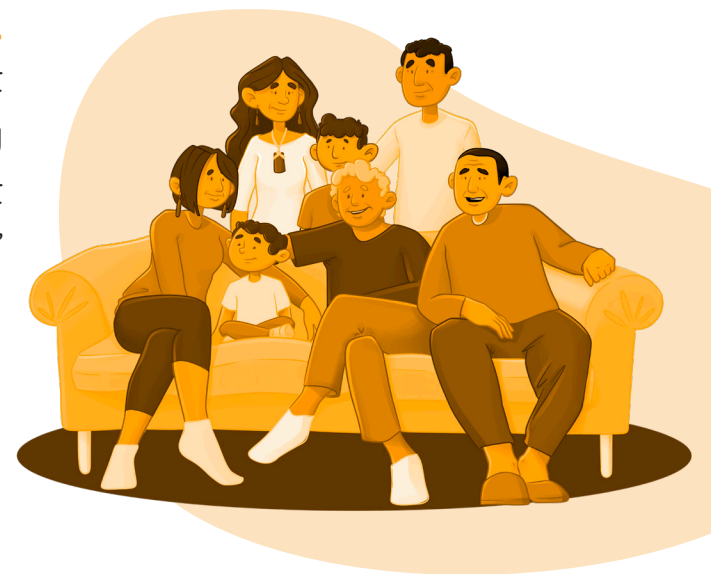
1.

Feeling connected to what makes me “come alive”



2.

“I really could not see myself going forward without my whānau”



3.

“Awhi Mai Awhi Atu”



4.

“We will get there together”



5.

“Keep going through your struggles”

