



## Health Navigator New Zealand

### Video transcript:

### 'Ākono'anga i tō'ou Kōpapa (Tu'anga 1)

### [Looking after your wairua (part 1)]

0:00

Kia Orana

0:02

I roto I te tata'anga a Ta Mason Durie koia te WhareTapa Wha

0:08

ko te wairua, te tuatua nei te reira no runga I te oraanga vaerua

0:12

e te tumu I puapinga ei te reira no te

0:14

akamatutu I te oraanga verua

0:20

Akatanotano meitaki I te matutu o toou turanga oraanga kopapa, toou turanga oraanga vaerua,

0:25

te turanga manakonako'anga, e te turanga o toou piri'anga ki tetai ua atu tangata.

0:29

Te au angaanga taau ka rave atu kia vai matutu ua rai toou oraanga vaerua.

0:34

Ka rauka ia koe I te atoro atu i tetai ua atu tangata,

0:38

toou kopu tangata e toou au taeake,

0:43

penei na roto I te rave atu'anga I tetai au angaanga

0:45

kare koe I manako ana no tetai tuātau – angaanga matau'ia e koe,

0:48

e te au angaanga taau e mataora ana

0:51

e tetai au angaanga ke atu kia mataora toou vaerua.

0:54

Kia Orana