

Te whakataki i te pōkaikaha

Ka pai tonu te iti pōkaikaha i ētahi wā - ki te kore, ka takeo, ka hōhā noa te tangata.

Engari he wa anō ka nui rawa ngā pīkaunga - taha whare wānanga, taha mahi, taha hononga tāngata, taha pūtea, taha kāinga - ā, ka raru tonu te tangata i ēnei taumahatanga.

Te pūtakenga o te pōkaikaha

Tērā tonu ka pōkaikaha te tangata i ana hononga ki ētahi tāngata, i te āhua o tana noho, o tana mahi, o tana pūtea, o te iti rānei o te wā hei mahi i tētahi mahi. Ina tāpiria tētahi atu āhuatanga motuhake ki ngā āhuatanga o ia rā, pērā i te matenga, te wehenga atu rānei o tētahi tangata e aroha nuitia ana, ākene ka kaha rawa te pōkaikaha.

Anei ētahi pūtakenga o te pōkaikaha -

- te kore moe; te iti rawa o te moe
- te nui rawa o te mahi
- te nui rawa, te iti rawa rānei o te whakakorikori tinana
- te pāngia e te mate, te whara rānei
- te neke whare
- te rerekē o te āhua o tō mahi, te kore rānei e mōhio mēnā ka pūmau tō mahi
- te noho ki waenga iwi kē
- te rerekē o te huarere - te kaha wera, te kaha makariri rānei

Me pēhea au e mōhio ai mēnā kua pōkaikaha au?

He rerekē ngā hua o te pōkaikaha ki tēnā, ki tēnā tangata. Ka rerekē anō ina rerekē te taipakeke me te āhua o te noho a te tangata. Kia nui rawa ngā pīkaunga kei runga i a koe, tērā ka pā ēnei tohu pōkaikaha ki a koe.

- kāore e au te moe
- kāore e ū ō whakaaro ki te kaupapa kotahi
- kua pau tō hau
- kua ngākau anipā
- kua pōuri, kua hinapōuri rānei
- ka ngau te puku, ka taiatea, ka kōmaoa rānei
- ka mate te puku, kāore rānei koe e tino hiakai
- kāore e taea e koe te whakatau me aha koe

- ka pāngia e te huangō, e tētahi mate kiri rānei
- ka pōrutu te toto
- kāore koe e puta atu ki ō karaehe
- ka ngāngā te manawa, ka mamae rānei te poho
- ka ānini te mähunga
- ka mutu tō ngahau tahi ki ō hoa
- ka hē haere ō mahi, ō kawenga whare wānanga rānei
- ka wera katoa te tinana, kātahi ka makariri

Me aha au hei patu i te pōkaikaha?

Tirohia te āhua o tō noho - mēnā e pai ana te taha tinana, te taha kare-ā-roto, te taha hinengaro, te taha wairua. Tautuhia ngā take matua i pōkaikaha ai koe, ā, me pēhea e whakamāmätia ai. Kauga e parea tō tuarā ki ngā tohu - kimihia he rongoa, kauga e waiho kia raru nui.

- Ki te hauora tō noho, ki te whakapakari tinana koe, ki te tika te moe, te whakangā me te kai, ka kaha ake tō ārai atu i te pōkaikaha.
- Kia mutu, kia iti ake rānei te kai paipa, te kai tarukino, me te kai waipiro.
- Kimihia ngā mahi ka whakamahea i ō whakaaro. Ki ētahi, ko te hākinakina, ki ētahi anō, ko te noho ki te whakamahea whakaaro.
- Hei whakamahea i a koe iāia tonu nei, me 'whakahā hōhonu'; kia uru te hau mā te ihu, kia puta mā te waha. Ka pai anō te āta kukuti i ngā uaua o tētahi wāhanga o tō tinana i a koe e ngote hau ana, kātahi ka whakangā i a koe e tuku hau ana. Kia pēneitia ngā wāhanga maha o te tinana. Kia tekau meneti e pēnei ana, me te whakarongo ki tētahi pūoro rangimārie, i tētahi wāhi rangimārie.
- Whakaritea he wā whakakorikori, whakamahea whakaaro rānei i ōna wā anō o te rā.
- Whakapakaritia ngā hononga ki ērā o ō hoa me tō whānau ka tautoko i a koe.
- Whakaritea, raupapatia ō hāora mahi. Wāwāhia ngā whāinga nui kia takahanga iti. Āta whakaarohia ngā rākati me ngā wā o te tau ka pokea koe e te mahi, ka whakaiti ake i ērā atu kawenga kei runga i a koe i aua wā.
- Kia whaitikanga ō whakaaro, kia ngākau mähaki koe, kauga e whakarite taumata mōu kāore e tere ekea, kauga e whakatakariri ki te kore e tutuki i a koe tētahi mahi - mā te hē te tangata e mōhio ai; ko te mea nui, kauga e waiho mā aua hē e tohu ō whakaaro mōu anō.

- Whakaritea he whāinga poto, he whāinga roa e taea ana, e whaitake ana ki a koe. Arotakea ngā mea e whakapōkaikaha ana i a koe i runga i ēnei whāinga, i runga anō i ō uaratanga, ka whakarerekē i ngā mea e tika ana.
- Mēnā kua raru koe, kua e whakamā ki te tonu āwhina - katoa tātou kua rongu i te pōkaikaha. He aha ō tohutohu ki tētahi hoa e mate ana i te pōkaikaha? Ka whai anō koe i aua tohutohu?

Ki hea atu i konei?

He āwhina kei te Student Counselling me te Student Health.

Te arotake i a koe anō

Māu anō e tirotiro mēnā e tutuki ana i a koe ēnei mahi pare atu i te pōkaikaha:

- kei te pai te taha kai, te taha moe, me te whakakori tinana
- kua tohua he wā hei whakangā, hei pārekareka ia rā
- te whakatakoto mahere, me te whai i ngā rautaki whakataki wā
- he rite tonu te tirotiro anō i aku whāinga
- e whakawātea ana i a au anō ki aku hoa me te whānau
- e whakaaro ana ki te kimi āwhina i a Student Counselling.

Ki te hiahia koe ki te hui mai ki tētahi o ngā Kaiārahi o te Student Counselling Service, waea mai ki a Julia, waea 350-5935, ki a Nan rānei, waea 356-9099, peka 8747 i Hokowhitu. Mēnā e kaha ana tō hiahia kōrero ki tētahi atu, whakamōhiotia atu rātou.

Student Counselling Service

"kia kaha ake te puta o te ihu i ngā mahi whare wānanga, kia pakari tonu - taha whaiaro, taha tangata"

Te Kunenga ki Pūrehuroa
Te Papaioea