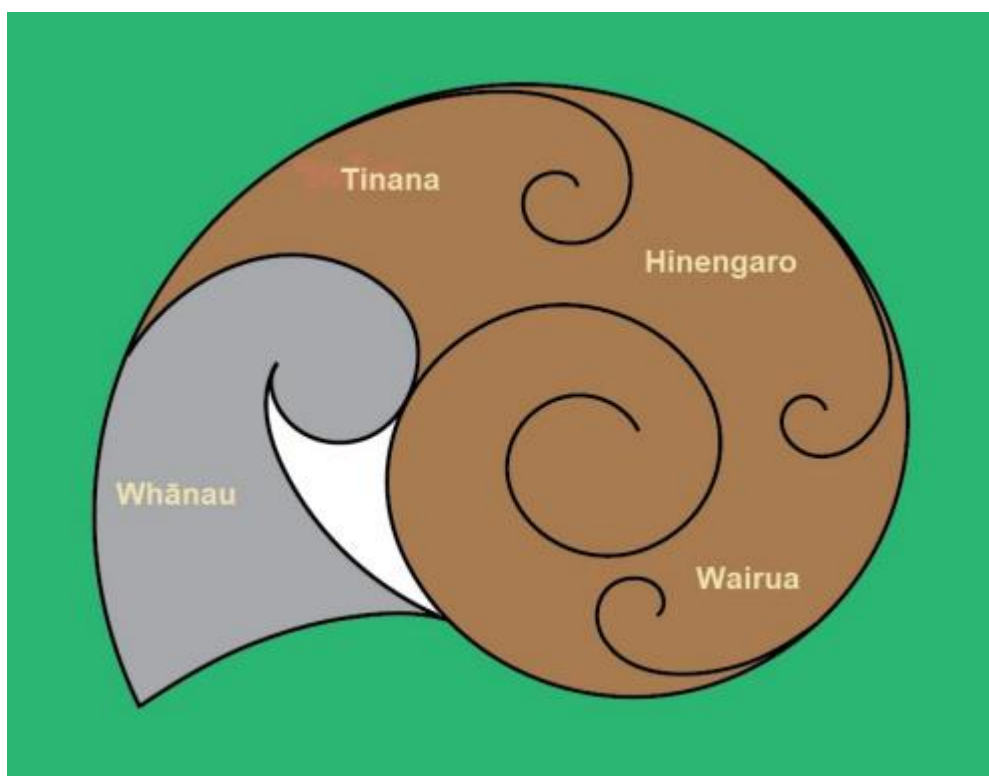


## Pain tohu and your whānau



This is a visual representation using Ngata (snail) as a metaphor for those who live with chronic pain

Ngata is used for medicinal purposes for Māori. Ngata represents a metaphor for those that live with chronic pain on a daily basis and their whānau. The four KORU in the Ngata represent Hinengaro, Wairua, Tinana and Whānau.

The Ngata is also a metaphor for whānau going within their shells when they are not feeling well.

Pain can affect all aspects of you as a person affected and your whānau:

- It can mean you and your whānau are less physically active and well – Tinana
- It can mean you and your whānau feel less well mentally – Hinengaro
- It can mean you and your whānau connect less with your friends – Whānau
- It can mean you and your whānau feel that pain affects who you are and what is important to you and your whānau – Wairua

You and your whānau may have withdrawn into the shell waiting for pain to get better.

If you and your whānau feel you are stuck inside the shell of pain and you are struggling to move on, this programme will help you look at things you can do to get out of the shell and get on track with what is important to you despite pain and lead the best life possible for you and your whānau, Hapū and iwi.

Image designed by John Kingi, Kaiwhakahaere, Manager, Kokiri Marae Keriana Olsen Trust