Tihei Mauri Ora!

A change of attitude

Kia puta ki te whai ao ki te ao mārama
From the world of darkness moving into the world of light

Associate Professor Papaarangi Reid, of Te Rarawa and Head of Department of Māori Health at the University of Auckland, whose research interests include analysing disparities between Māori and non-Māori, believes “the single most important thing that needs to be addressed in public health is a change of attitude toward what is regarded as ‘Māori problems’ by non-Māori”. She makes a point that it is important “for all cultures to resist people trying to make us into museum exhibits of past behaviours”.

We know lives can be changed by simply changing one’s attitude. It is a way of responding to our environment that is derived mostly from generalizing about others and the system. We adopt and express a certain attitude in order to preserve ourselves from "harm" or to maintain a preferred status quo. After all, we are complex, challenging and developing - as is our individual right. We should make it a habit to practice looking for the good in seemingly bad events. You’ll be amazed how often something you thought was bad actually turns out to be good and possibly the best thing that ever happened to you. Kia pai tó wiki!

A Monday Motivational by MANU AO Academy – A National Inter-University Māori Academy for Academic and Professional Advancement.

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