

Native Hawaiian Wellbeing During COVID-19

Being well and balanced throughout this stressful time of physical distancing and constant change utilizing Kūkulu Kumuhana.



Kūkulu Kumuhana is a wellbeing framework, developed by Kānaka Maoili and others for the lāhui and all who live in Hawai'i. It is a transformative model to be utilized by families and communities for holistic wellbeing. Especially in these times of endless change, stress and the reality of COVID-19, we remember that we are the descendants of resilient people. Below are a few tips and ideas for self care, 'ohana care and community care. Please follow all recommendations for stay/work at home, physical distancing and sanitation.

Additional resources available: <https://bit.ly/KukuluKumuhanaWellbeing>

Ea

Self-determination; having control over your life



- Know that in these quickly changing times, **we do not have control over everything**. Think about things you do have control over – your thoughts, reactions, what you eat for lunch, what TV show you watch.
- **Make pono choices** for you and the lāhui. Stay at home, wash your hands, look out and care for kūpuna and keiki in your 'ohana and neighborhood. The constant stream of updates and numbers can be exhausting. Make the choice to limit social media and media exposure.
- **Serve and kāko'o** those in need. Share resources or tips. Check in with others.
- **Set boundaries** for your physical and mental health. When you are rested and supported, you can best support others. Ask for kōkua in caring for keiki and kūpuna. Try to set aside time for self care.
- **Make the choice to prioritize your health and safety**. Wash your hands often. Stay at home as much as possible. Exercise as regularly as possible. Drink water and eat as well as you are able. Practice mindfulness and breathe deeply.



Āina Momona

Healthy lands and people; being in balance with nature

- Our honua has endured a lot of human interaction and interference. **Utilize this time to allow for the land to heal and balance.**
- **Go outside everyday**. Get fresh air and some sunshine. Feel the wind on your face. Walk or exercise outside if you are able to and do so safely.
- **Learn (or teach) about the wind and rain names of your area**. Learn the names of the moku and 'ahupua'a you live in.

‘Āina Momona, continued

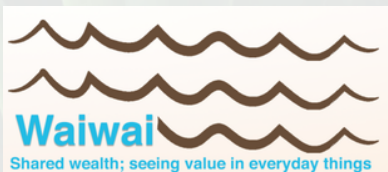
- **Plant or maintain a garden** with your family and mālama your ‘āina. Plant some seeds in a pot with your keiki and have them observe it every day. Plant clipping of ‘uala or the bottoms of green onions to grow your own food. Learn about and plant with the different moon cycles. Connect with and mālama the ‘āina.
- **Strengthen your connection with nature and the environment.** Observe with your kids the weather and how it changes. Look at changes in nature around your home – flowers blooming, new plants growing, cloud formations.

Pilina

Quality relationships; giving support to one another



- Even in these times of physical distancing, it is important, now more than ever, to **stay socially connected to each other.**
- **Recognize that keiki may have feelings and emotions that they don't know how to express.** Like us, they will get angry and frustrated that they cannot see their friends or go to the mall or the playground. Take the time to ask them and listen to how they feel. Tell them it's ok to be scared and that they are safe. Tell them the things they can do to be safe – like washing their hands for 20 seconds and not touching their face.
- **Use technology to connect.** Facetime, Skype or even a simple phone call or text are important connections for all of us. Use Zoom and Google Meet to stay connected with other groups you are involved in and support.
- **Spend quality time with your ‘ohana.** Play a game together. Do a movie night with popcorn and furikake. Host a Netflix Party to virutally watch a movie with your friends.
- **Look after and care about others,** especially those more vulnerable like our kūpuna and those with other health conditions.
- **Practice Kapu Ola Aloha** (a loving restriction that preserves life). We can still share and give our aloha in new and different ways - shaka, wave and simply asking "Pehea 'oe?" (*How are you?*)



Waiwai

Shared wealth; seeing value in everyday things

- **Be creative** with your keiki and family. Make art and color. Build with blocks or Legos. Create things with everyday items – cardboard boxes can become a wa'a.
- **Share what you have.** Don't hoard items when you shop. Shop and buy only what you need and leave items for others. When you have extra and more than your family can use, share.
- **Offer support!** Let kūpuna and others who are immunocompromised or may not have easy access to transportation, know when you are going to the store and offer to pick up items for them.
- **Say mahalo!** Gratitude is important – especially for the little and big things. Mahalo the postal worker who delivers your mail. Mahalo the worker who is stocking the shelves at your grocery store. Mahalo the healthcare workers and others on the front lines.
- **Support local businesses and restaurants.** Get take-out from a local restaurant rather than a chain restaurant. Merrie Monarch craft fairs may have been cancelled but many vendors have online shopping. Buy from farmers markets or subscribe to a Community Supported Agriculture (CSA) subscription.

‘Oiwī

Cultural identity;

knowing who you are and where you come from



‘Oiwī

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- **Sing and listen to music!** Mele has and will always be a source of resilience and resistance for lāhui. E kanikapila kākou!
- **Research your mo‘okūauhau.** Call your parents or grandparents, aunties or uncles. Learn your history and genealogy and where your ‘ohana comes from.
- **Learn and connect with ‘ike kūpuna.** Perpetuate a cultural practice - find resources online and on social media.
- **Learn from your own kūpuna.** Connect with them (safely) and ask them to share a favorite recipe, skill or art. Have your keiki do a kūpuna interview so your kids can learn about their life and resiliency.
- **Learn about la‘au lapa‘au** and what our kūpuna did to keep the lāhui healthy. Revive some of these practices. Plants are medicine!
- **Explore and learn how to cook staple plants like ‘ulu, ‘uala and kalo.** These plants sustained and allowed our people to thrive, take time to re-connect with them. Ask your friends for tips and recipes.
- **Learn ‘ōlelo Hawai‘i.** Many resources exist including Duolingo, Drop App or Lehu Lehu. Learn with your keiki or have your keiki teach you!



Ke Akua Mana

Spirituality; believe in a “higher power”

- If you attend church, **check in with your pastor** to see if they will be streaming services online. Many are posting on YouTube or other social media to stay connected. Reach out to them if you need spiritual support.
- Even if you cannot go to church, **pray at home.** Set aside a designated time to connect spiritually.
- **Connect to nā akua through oli and hula.** Observe them in the environment. Be silent, observe and allow them to connect with you.
- **Learn (or teach someone) oli** like Nā ‘aumakua to connect with the higher power all around us.
- **Continue to honor our traditions and protocol.** These are foundational to who we are as a people. They are connection to akua, ‘āina and each other.

Most importantly, let your keiki and family know you love and aloha them, every single day. During these uncertain times, it is stressful for us and also stressful for them. Allow for space and grace in yourself, your family and your keiki.

Remember that we are resilient people. We are the survivors of past traumas. This current pandemic does not and will not define us. We come from incredibly akamai, resourceful, connected and resilient people. You are the living legacy of that.

Additional resources available:
<https://bit.ly/KukuluKumuhanaWellbeing>
For more about Kūkulu Kumuhana visit
Lili‘uokalani Trust at onipaa.org.



Lili‘uokalani
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