

Book review



I am Pasifika Wellbeing Journal | Tama Pasifika Wellbeing Journal | Teine Pasifika Wellbeing Journal



Author: Dahlia Malaeeulu and Darcy Solia.

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I have not come across any journals specifically Pacific which makes these ones unique because of their content, context and Pacific design. The journals are relevant to the Pacific islanders living in Aotearoa New Zealand.

The journey of our young people living in New Zealand are unique in that they are battling to walk in two worlds. The journals provide relief, and readers can relate to the content and designs in the journal because it has cultural context. The language used in the journals is familiar to Pacific islanders, regardless of what Pacific islands you are from, one can relate generally to these journals.

They are easy to use, laid out in a simple, clear format that makes it easy to read, fill out and are the perfect size to be carried around easily. The journals have been designed to provide little nuggets of information, tips and practical exercises that will help readers work through their journey and issues they face. The content strongly focuses on family, relationships and faith.

Young Pacific peoples are more likely to suffer from mental distress and have high numbers of suicide attempts. Therefore, the books and journals are timely as it is much needed for our young people to have some tools to help them through their journey.

Review by Terisa Tagicakibau, Pacific Regional Advisor Te Waipounamu

Disclaimer: Please note these reviews are not intended as endorsements or recommendations from the Mental Health Foundation. This feature introduces resources that may be useful for individuals with an interest in mental health and wellbeing topics.