

# Worksheet (individual)

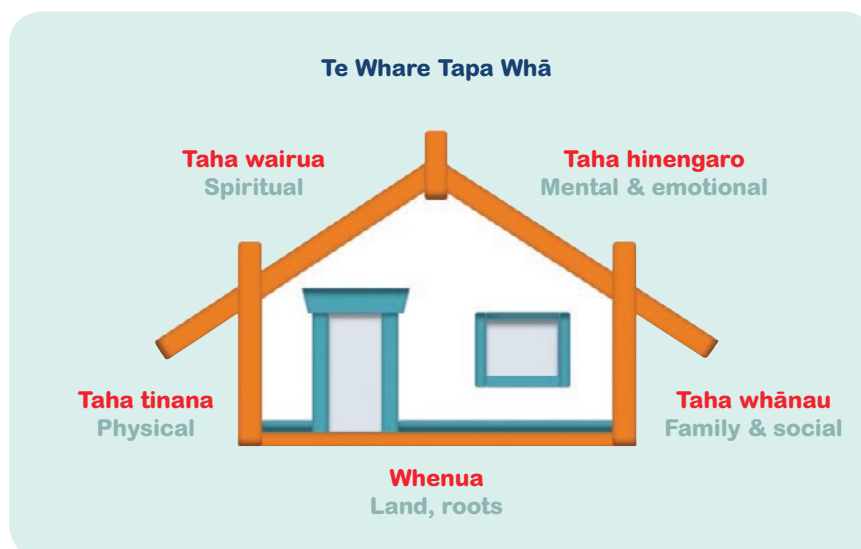


## Finding balance: Te Whare Tapa Whā

Te Whare Tapa Whā<sup>1,2,3,4</sup> is a model of health that helps us to identify where we need extra support. It describes health as a whareniui or meeting house with four walls. These represent taha wairua (spirituality), taha hinengaro (mental health), taha tinana (physical health) and taha whānau (social relationships). Connection with the whenua (land) forms the foundation. This worksheet will help you identify different things you can do to nurture and strengthen these walls and keep yourself well.

We can understand our wellbeing in terms of the balance between different parts of our lives.

Te Whare Tapa Whā was developed by Sir Mason Durie in the 1980s, in response to research by the Māori Women's Welfare League.



Taking care of your physical health is important, but to live well, you also need to pay attention to your mental health, spirituality\* and the strength of your whānau.

The health of the land and environment around is strongly connected to our health and wellbeing, and is also an important part of identity and sense of self for many.

For each of us, there are different things we can do to nurture and strengthen the walls of Te Whare Tapa Whā and keep us well. There are events and situations that may impact one wall of our whare that we cannot control. At these times you can draw on the foundations and other walls until you are able to strengthen that wall again.

\* Spirituality is expressed through beliefs, values, traditions, and practices, that support self-awareness & identity. It provides a sense of meaning and purpose as well as experiencing a sense of connectedness to self, whānau, community, nature and the significant or sacred. It does not necessarily mean practising religion.

## Activity

Think about the four walls of your house and make a note of:

- What keeps each wall in place?
- Which one feels strongest?
- Is there one that needs more support?
- What's one thing you could put in place to strengthen that wall?

**Taha tinana** (physical health)

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**Taha hinengaro** (mental health)

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**Taha whānau** (social relationships)

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**Taha wairua** (spirituality\*)

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**Whenua** (connection with the land or environment)

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