

Planning wellbeing—worksheet

Using the Māori health model—Te Whare Tapa Whā (used with permission from Ministry of Health, 2012) we can check whether we are allocating enough time to the various parts of our lives that increase well-being. If we don't spend enough time on all four areas of our health, we can become 'unbalanced' and will find it difficult to have enough energy to act in a resilient way.



Taha tinana (physical health)

The capacity for physical growth and development.

Actions that I can take to increase my physical health are? (*Healthy diet, exercise, improved sleep?*)

Make sure this goal is SMART (specific, measureable, achievable, realistic and time bound).

I will know that I have met this goal when:

I will celebrate my achievement by:



Taha wairua (spiritual health)
The capacity for faith and wider communication.

Health is related to unseen and unspoken energies. The spiritual essence of a person is their life force.

Actions that I can take to increase my sense of purpose and direction are:



Taha whānau (family health)
The capacity to belong, to care and to share where individuals are part of wider social systems.

Whānau provides us with the strength to be who we are. This is the link to our ancestors, our ties with the past, the present and the future.

An action that I can take to strengthen my ties to my family and social networks is:
Make sure this goal is SMART (specific, measureable, achievable, realistic and time bound).

I will know that I have met this goal when:

I will celebrate my achievement by:



Taha hinengaro (mental health)

The capacity to communicate, to think and to feel mind and body are inseparable.

Thoughts, feelings and emotions are integral components of the body and soul.

Actions that I can take to make sure that I am mindful about my thoughts, emotions and physical reactions during interactions are:

Because all four pillars strengthen and support each other, you don't want one pillar to be weaker than the others.

Take a few moments to go back through your reflections and written comments and check to see whether one or two pillars get more attention than the others.

Rank the four areas of health. Which is getting the most attention? Rank that area a 4 and then order them down to the one that gets the least attention and mark that as a 1.

Mental health: Thoughts feelings and emotions

Physical health: Healthy diet, exercise, sleep

Spiritual health: A sense of purpose and meaning

Family health: Family, friends and support networks connected

What do you plan to do to strengthen these areas marked with a 2 or a 1?

For more information about Te Whare Tapa Whā: Ministry of Health. (2012, March 27). *Māori health models – Te Whare Tapa Whā*. Retrieved July 03, 2013, from Ministry of Health: <http://www.health.govt.nz/our-work/populations/maori-health/maori-health-models/maori-health-models-te-whare-tapa-wha>