

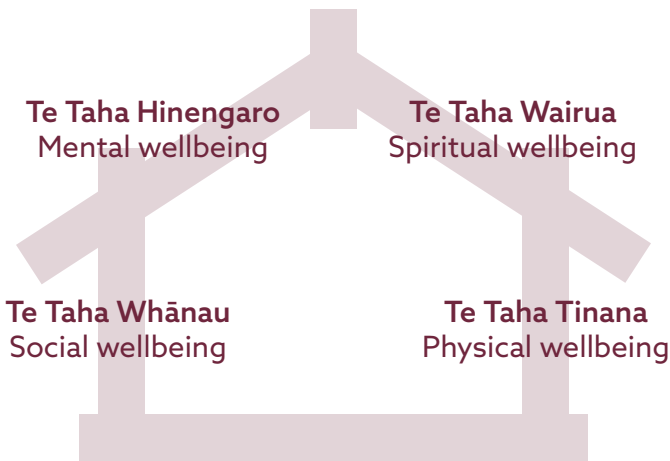
Te Whare Tapa Whā

Te Whare Tapa Whā is a way of thinking about our wellbeing across different areas of life, these are explained around the four taha (walls) of a whare (house).

This helps us look at all aspects of our health and what is strong and what could be strengthened.

Write in each section:

- What you are proud of or enjoy
- What you would like to work on



<p>Te Taha Hinengaro Mental wellbeing</p> <p>Thoughts, feelings and emotions. Understanding thoughts, feelings and emotions and how you respond to these.</p>	<p>Te Taha Wairua Spiritual wellbeing</p> <p>Values, beliefs and purpose, personal identity and self awareness. Growing identity and connection with spirituality.</p>
<p>Te Taha Whānau Social wellbeing</p> <p>Family relationships, friendships and other relationships. A sense of belonging and social support in the past, present and future.</p>	<p>Te Taha Tinana Physical wellbeing</p> <p>The physical body, its growth, development and ability to move. Caring for your physical body.</p>

When all our walls are healthy and strong, our entire wellbeing is healthy and strong.
When one is impacted, the entire whare/house can become unstable.