

Dimensions of wellbeing

| Situation | |
|--|--|
| <p>Taha whānau family and social wellbeing</p> <p>How could this situation strengthen taha whānau?</p> <p>How could this situation worsen taha whānau?</p> <p>What could the impacts to taha whānau be over months or years?</p> | <p>Taha tinana physical wellbeing</p> <p>How could this situation strengthen taha tinana?</p> <p>How could this situation worsen taha tinana?</p> <p>What could the impacts to taha tinana be over months or years?</p> |
| <p>Taha hinengaro emotional and mental wellbeing</p> <p>How could this situation strengthen taha hinengaro?</p> <p>How could this situation worsen taha hinengaro?</p> <p>What could the impacts to taha hinengaro be over months or years?</p> | <p>Taha wairua spiritual wellbeing</p> <p>How could this situation strengthen taha hinengaro?</p> <p>How could this situation worsen taha hinengaro?</p> <p>What could the impacts to taha hinengaro be over months or years?</p> |
| <p>Which areas (taha) are affected more than others in this situation? Why?</p> | |
| <p>How do the ideas above link together to worsen or strengthen wellbeing?</p> | |