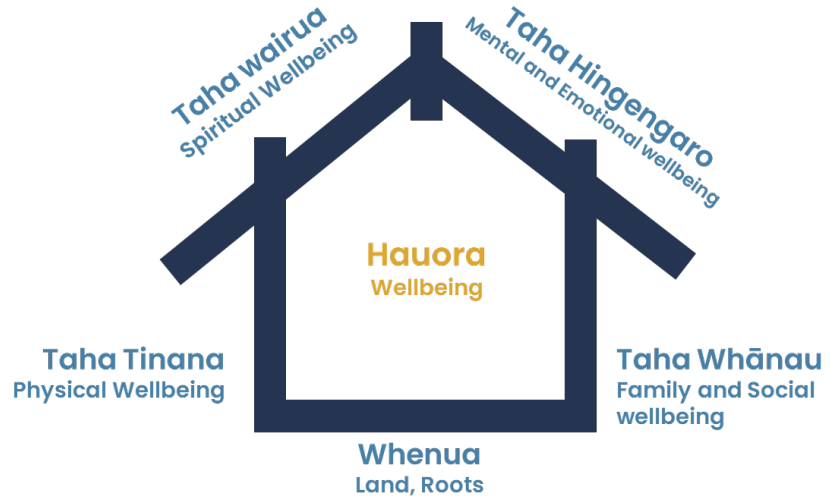


Te Whare Tapa Whā

Te Whare Tapa Whā was first developed in 1984 by Tā (Sir) Mason Durie. It is a Mātauranga Māori model for Health and Wellbeing that has been widely adopted and is relevant to all people. Hauora Māori comprises four 'cornerstones' or dimensions: Te taha wairua, Te taha hinengaro, Te taha tinana, Te taha whānau. Connection to whenua (land) provides the foundation for the whare (house)



Taha Wairua Spiritual Health

Encapsulating your capacity for faith and wider communication, Te Taha Wairua is related to unseen and unspoken energies. It is generally regarded as most essential requirement for health. Te Taha Wairua is the connection between your self and your environment.

Mauri (life force) is "The spiritual essence of a person is their life force. This determines us as individuals and as a collective, who and what we are, where we have come from and where we are going". (Ministry of Health, 2018). Physical manifestations of illness may be better understood through exploration of wairua as a contributing factor.

Taha Tinana Physical health

It is the capacity for physical growth and development - healthy tinana is required for optimal development.

Physical health is only one aspect of health and wellbeing, it cannot be separated from other dimensions.

Taha Hinengaro Mental/emotional health

Te Taha Hinengaro is your capacity to communicate, to think, and to feel. Your mind and body are inseparable.

Language connects us to the outside world through whenua, hapū and whānau; it helps us to make sense of our realities and how we see ourselves in the world.

Taha Whānau Social/family health

Your capacity to belong, to care and to share.

Individuals are part of a wider social system, such as iwi, hapū, whānau and communities, neighbourhoods, and support networks.

Whānau connects us to our past through our tīpuna. It connects us to our present, and our future through our tamariki and our mokopuna.

It may contribute to illness, curing illness, and wellness

Create your whare

Our focus during change – Taha Hinengaro

Resilience can be built up after an event that impacts us and we can do that by developing a positive mindset.

Here are some ways to improve your day with that mindset:

- Laughter (watch a comedy), hang with people who make you laugh
- Be creative (arts, reading, gardening, music etc)
- Singing (this activates the vagas nerve and is soothing for us)
- Being playful
- Limit negative stuff on news/phones
- Exercise/yoga/outside time (boost your vitamin D)
- Being grateful/appreciation of things around us like birds, flowers, the nature stuff.
- Think of the good things we have in our lives.
- Do exercises to slow your breathing – inhale for 5 seconds, hold for 3 seconds and exhale slowly for 5 seconds, repeat
- Shift your posture, body position
- Lowering stress levels every hour can be a good way if high anxiety is causing us to be overloaded. Use mediation, mindfulness apps

Create your whare

Taha Wairua
Spiritual Health

Taha Hinengaro
Mental/emotional health

Taha Tinana
Physical health

Taha Whānau
Social/family health

Whenua
Land/roots