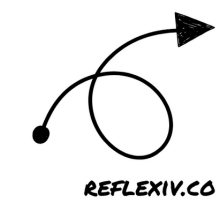


Based on Te Whare Tapa Whā, by Dr Mason Durie



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HOW TO USE THIS TOOL

Te Whare Tapa Whā was developed by leading Māori health advocate Sir Mason Durie in 1984. The model describes health and wellbeing as a wharenuī/meeting house with four walls. These walls represent taha wairua/spiritual wellbeing, taha hinengaro/mental and emotional wellbeing, taha tinana/physical wellbeing and taha whānau/family and social wellbeing. Our connection with the whenua/land forms the foundation. When all these things are in balance, we thrive. When one or more of these is out of balance our wellbeing is impacted.

SOURCE: <https://mentalhealth.org.nz/te-whare-tapa-wha>

There are many ways to use this te Whare Tapa Whā tool! Here are a few ideas...do make up your own!

A. Starting with Whenua/Place, move anti-clockwise, noting your response to each question. There are no right or wrong answers. Feel free to ask yourself different questions if these don't work for you :)

1. What places do you feel most connected to? (Whenua/Place)
2. Who are the people you feel the safest around? (Whānau/Family & Friends)
3. What do you dream of? What do you love thinking about? (Hinengaro/Mind & Heart)
4. What makes you feel awe? What helps you rise above yourself to something greater? (Wairua/Spirit)
5. What helps you feel physically well? (Tinana/Body)

B. Think of what you value in each of these areas. Equally, what do you NOT value in each of these areas?

C. If you were to create a great experience for yourself or someone else, how might you make sure each of these areas is considered?

Whenua/Place



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