

HEALTH & WELLBEING

Te Whare Tapa Whā

Finding the balance

Te Whare Tapa Whā 1,2,3,4 is a model of health that helps us to identify where we need extra support. It describes health as a whareniui or meeting house with four walls. These represent taha wairua (spirituality), taha hinengaro (mental health), taha tinana (physical health) and taha whānau (social relationships). Connection with the whenua (land) forms the foundation. [This worksheet](#) will help you identify different things you can do to nurture and strengthen these walls and keep yourself well.

Taking care of your physical health is important, but to live well, you also need to pay attention to your mental health, spirituality* and the strength of your whānau. The health of the land and environment around is strongly connected to our health and wellbeing, and is also an important part of identity and sense of self for many.

