

# Nurturing Our Wellbeing Using Te Whare Tapa Whā



He mana tō te mātau ā-wheako  
Our lived experience is our strength



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Use this space to write down, brainstorm or even doodle ideas or visions of what will make a difference to YOUR wellbeing.

## Things I Can Do For My Taha Wairua / Spiritual Wellbeing

A large, empty rectangular box with a light green gradient background, intended for writing or drawing ideas related to spiritual wellbeing.

## Some of Our Ideas!

1.

Celebrate  
holiday / New  
Year traditions

2.

Take time for  
meditation or  
reflection

3.

Surround  
ourselves with  
people who lift  
us up



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## Things I Can Do For My Taha Whānau/ Family and Social Wellbeing

A large, empty rectangular area with a light green-to-white gradient background, intended for writing or drawing ideas related to family and social wellbeing.

## Some of Our Ideas!

1.

Reach out to a peer or be a friendly ear for someone else

2.

Check in with a friend or neighbour you haven't seen in ages

3.

Join a local sports team, club or community group



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## **Things I Can Do For My Taha Tinana/ Physical Wellbeing**

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## Some of Our Ideas!

1.  
Go for a walk to  
explore  
somewhere new  
in my community

2.  
Share a meal  
with friends and  
whānau

3.  
Prioritising rest /  
sleep



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## Things I Can Do For My Taha Hinengaro/ Mental Wellbeing

A large, empty rectangular box with a light blue gradient background, intended for writing or drawing ideas related to mental wellbeing.



## Some of Our Ideas!

1.

Reach out to  
someone I trust  
about my  
mental health

2.

Find information  
and resources  
that fill my kete

3.

Notice things,  
people and  
places that  
make me feel  
good



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## Things I Can Do To Connect with Whenua / Land

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## Some of Our Ideas!

1.

visit a place I  
feel a strong  
connection to

2.

volunteer or  
support my local  
community  
garden

3.

See how many  
native birds I can  
spot in my  
neighbourhood