



# Wellbeing/Whai Oranga

Adapted from [blueprint.co.nz](https://blueprint.co.nz)

This resource is for people wanting to understand and improve their wellbeing/whai oranga. It includes links to other information and support available.

Seeking help and support from your whānau, friends, GP and health professional can help. If you feel overwhelmed or just want to talk, call or text **1737** or check out support options at the end of this resource.

## Your wellbeing

Wellbeing is not just about the absence of disease, illness, or difficult experiences. Wellbeing is about feeling good and doing well, most of the time.

Wellbeing is influenced by physical, social, and spiritual health. Mental health is also a key part of overall wellbeing.

Te Whare Tapa Whā is a holistic model for thinking about the four cornerstones of health. The model, introduced by Sir Mason Durie in 1982, describes the four walls a whare must have to hold up the roof and keep it strong. Each wall represents a different dimension of health. If any wall is missing or damaged, the whare will not function as it needs to. Without four strong walls, people may experience distress. The foundation supporting the whare underneath is whenua – land and roots.

- › **Taha tinana – physical health.** Having a body that is as healthy as it can be. This means you can participate in all aspects of life that you want to.
- › **Taha wairua – spiritual health, sense of identity.** Connecting with the world around you. This can be through a relationship with the environment, with ancestors and heritage, or through spiritual practices.
- › **Taha whānau – family and community health.** Belonging to and functioning within a community of people. This may be connections with family, whānau, sporting, social or community groups.
- › **Taha hinegaro – mental and emotional health.** Maintaining mental and emotional health. This involves being able to communicate thoughts and feelings. It also involves having strategies to manage distress, including people to support you when you need it.

Five Ways to Wellbeing is another model developed in Aotearoa, New Zealand. It describes five key actions people, whānau, and communities need for good mental wellbeing.

- › **Me whakawhanaunga – connect.** Talk and listen, be there, and feel connected.
- › **Me kori tonu – be active.** Do what you can, enjoy what you do, and move your mood.
- › **Tukua – give.** Give your time, words and presence.
- › **Me aro tonu – take notice.** Remember the simple things that give you joy.
- › **Me ako tonu – keep learning.** Embrace new experiences and see opportunities.
- › **Me kori tonu – be active.** Do what you can, enjoy what you do, and move your mood.



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



Your time,  
your words,  
your presence



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO.  
MOVE YOUR MOOD

## Looking after your wellbeing

Some suggestions on how you can look after and maintain your wellbeing are below. Try adding your own ideas. What can you do to improve your wellbeing? What makes you feel good and gives you a sense of achievement and control?

- › Start by doing the things you feel comfortable with.
- › Give yourself time to try things and figure out what works for you.
- › Take one step at a time. Small changes can have a big impact over time.



### Taha tinana (physical health)

Being active  
Eating healthy kai  
Drinking plenty of water  
Practising relaxation  
Visiting a GP when feeling unwell  
Spending time off technology  
Getting enough sleep



### Taha wairua (spiritual health, sense of identity)

Having hopes for the future  
Setting realistic and achievable goals  
Having a sense of purpose and meaning  
Spending time outside  
Connecting with nature  
Keeping up spiritual practices  
Listening to music



### Taha whānau (family and community health)

Meeting friends for coffee  
Spending time with whānau and friends  
Getting involved in local activities  
Joining a team or club  
Volunteering for a cause you care about



### Taha hinengaro (mental and emotional health)

Showing yourself and others aroha  
Learning new skills or hobbies  
Doing something enjoyable and fun  
Practising mindfulness and gratitude  
Being creative  
Learning new things  
Laughing

Check out the Mental Health Foundation's website for more great ideas at <https://mentalhealth.org.nz/five-ways-to-wellbeing>

# Further support and information

## Support

- › If you are feeling stressed, anxious, overwhelmed, or just want to talk to someone, call or text **1737**.
- › Whakatau Mai – the Wellbeing Sessions are free, virtual, community events to support wellbeing by helping you connect with others, learn and practice new skills, and start looking at things differently. | <https://www.wellbeingsessions.nz/>
- › Staying on Track is an e-therapy course that teaches practical strategies to cope with stress and disruption of day-to-day life. | <https://www.justathought.co.nz>

## Information

- › Te Hikuwai – Resources for wellbeing provides information and self-help resources on a range of topics from anxiety, depression and substance use to stress, relaxation and wellbeing. | <https://www.tepou.co.nz/tehikuwai>
- › Mental Health Foundation offers information on wellbeing. | <https://mentalhealth.org.nz/what-is-wellbeing>
- › Health Navigator NZ provides information and resources to help people with their mental wellbeing. | [www.healthnavigator.org.nz/healthy-living/m/mental-wellbeing/?tab=29358#Overview](http://www.healthnavigator.org.nz/healthy-living/m/mental-wellbeing/?tab=29358#Overview)
- › The Ministry of Health offers a directory of general wellbeing information and tools. | <https://www.health.govt.nz>
- › The Ministry of Health allows access to certain health websites without incurring mobile data charges. | <https://www.health.govt.nz/our-work/digital-health/other-digital-health-initiatives/sponsored-data>

## Apps

- › Smiling Mind is a free app that helps with mindfulness, sleep, and stress. | <https://www.smilingmind.com.au/thrive-inside>
- › Mentemia is a free app that can help you monitor, manage, and improve your mental wellbeing, set daily goals, and track your progress. | <https://www.mentemia.com/nz/home>
- › Clearhead offers free 24/7 support and advice through your phone as well as resources, videos and wellbeing plans. | <https://www.clearhead.org.nz/>
- › Manaaki ora app by Te Rau Ora and the Centre for Māori Suicide Prevention is a free tool offering guidance and tips on how to support your wellbeing or someone else going through difficult times. | <https://terauora.com/news/self-help-wellbeing-app-launched-to-support-maori-experiencing-mental-distress/>
- › Melon is a free app with self-help tools to help manage emotional wellbeing. | <https://www.melonhealth.com>
- › Headspace is a subscription app that provides guided meditation, reminders, and trackers to help you relax and be mindful. | <https://www.headspace.com/>

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***Iti nei, iti nei***

***Take smalls steps to achieve your goals***

