

# Holistic wellbeing with Te Whare Tapa Whā

This holistic framework, developed by Sir Mason Durie, encompasses the interconnectedness of our physical, mental, spiritual and family/whānau dimensions. All of these four aspects have a connection with the whenua/land and the environment which forms the foundation. Embracing Te Whare Tapa Whā provides a blueprint for nurturing a balanced and fulfilling life.

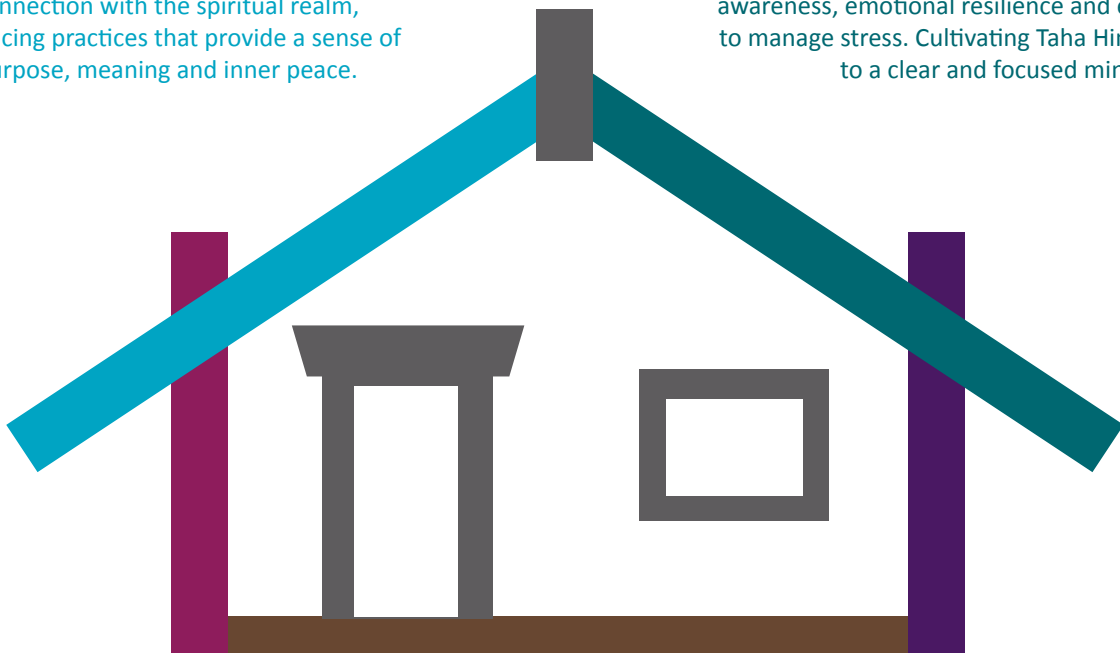
Te Whare Tapa Whā draws inspiration from the structure of a whareniui, a traditional Māori meeting house. Just as the walls of the whareniui support and strengthen one another, the cornerstones of wellbeing work harmoniously to sustain our overall health.

## Taha Wairua (Spiritual wellbeing)

Taha Wairua emphasises the spiritual dimension of our lives. It encourages connection with the spiritual realm, embracing practices that provide a sense of purpose, meaning and inner peace.

## Taha Hinengaro (Mental and emotional wellbeing)

Taha Hinengaro acknowledges the importance of mental and emotional health. It encourages self-awareness, emotional resilience and effective ways to manage stress. Cultivating Taha Hinengaro leads to a clear and focused mind.



## Taha Tinana (Physical wellbeing)

This cornerstone focuses on our physical health – the vessel through which we experience the world. Nurturing Taha Tinana involves regular exercise, balanced nutrition, and adequate rest, ensuring our bodies are strong and energised.

## Whenua (Land or roots)

Our connection to land, the environment, and our roots.

## Taha Whānau (Family and social wellbeing)

Our relationships and connections with others are central to our wellbeing. Taha Whānau encompasses nurturing positive relationships, fostering strong social connections and contributing to a thriving community.