

Building Wellness: Te Whare Tapa Whā

As you listen to the person's story, make notes on what areas of health you noticed being affected, positively and negatively. The stories have some tough stuff in them – but things get better!

There are many more stories of challenge and recovery on the www.thelowdown.co.nz and rethink.org.nz sites.



Hinengaro

Mind and emotions

Whānau

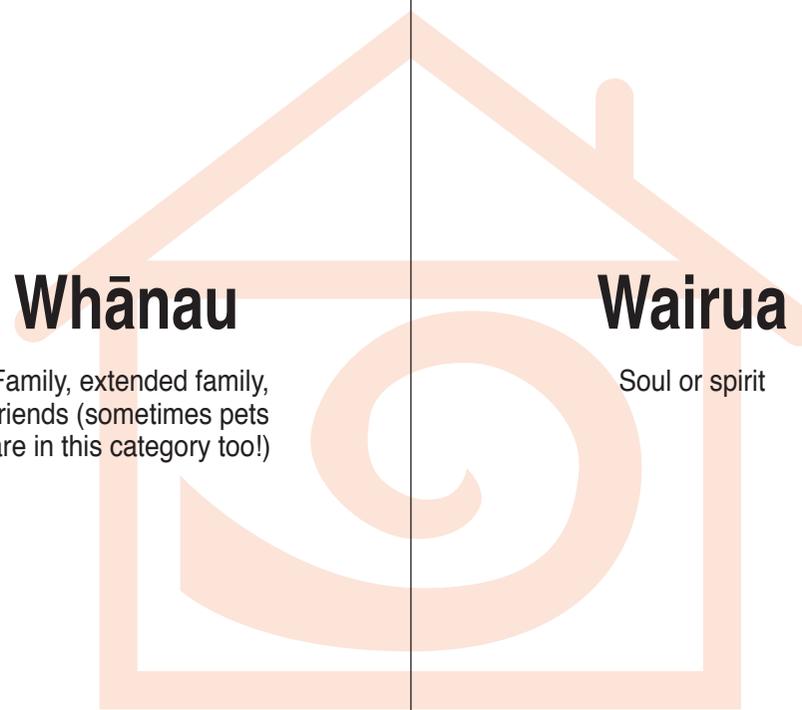
Family, extended family, friends (sometimes pets are in this category too!)

Wairua

Soul or spirit

Tinana

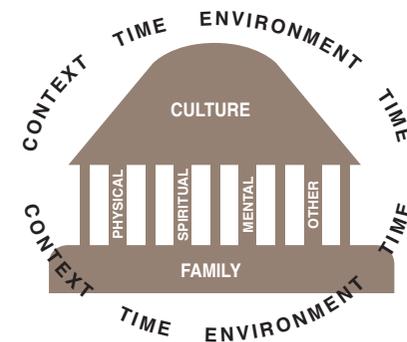
Physical wellbeing



This Māori health and wellness model is called Te Whare Tapa Whā, The Four Walled House. Developed by Dr Mason Durie in 1982, it can be applied to any health issue.

The concept of hauora/wellbeing covers the physical, mental and emotional, social, and spiritual parts of health (the four tapa cornerstones or walls). This idea is recognised by the World Health Organisation.

Another model of health is the Fonofale model (see picture © Fuimaono Karl Pulotu Endemann). This is a Pacific Island model of health for use in NZ and was created by Fuimaono Karl Pulotu-Endemann: culture is the sheltering roof, while family is the foundation. Context, time, environment and other (including gender, sexual orientation, age and other things that can affect health) are acknowledged in this model.



FONOFALE MODEL



Building Wellness: My wellbeing

Talk about these questions in pairs.



Hinengaro

Mind and emotions

Is what I am putting in my mind good for it?

How do I talk to myself when I make a mistake?

Do I let myself have angry and sad feelings, or do I judge myself negatively for these?

How about my stress levels?

What do I do to relax?
To get enjoyment/have fun?

Whānau

Family, extended family, friends (sometimes pets are in this category too.)

Do those around me encourage me and support my safety and wellbeing?

Do I have places to go when I need support and to talk?

Do others give me the opportunity to support them sometimes?

What helps me feel connected?

Wairua

Soul or spirit

What gives me meaning?
What's important for me to honour?

Do I believe things (about the world/life/myself/others) that help me get through tough times?

Am I usually able to act in line with my values?

What gives me a sense of belonging?

Am I on a journey to finding my place in the world, or is it harder to see where that is at the moment?

Tinana

Physical wellbeing

How am I taking care of my physical body?

How am I eating/sleeping?

Am I putting things into my body that are good for it?
What about drugs and alcohol use?

Am I doing an amount of activity that is good for me?

What do I do to relax my body?