

Te Whare Tapa Whā Worksheet



How could your hauora impact on each dimension of your career
(and vice-versa)?

<p>Taha Hinengaro Mental Wellbeing</p>	<p>Taha Tinana Physical Wellbeing</p>
<p>Taha Whānau Social Wellbeing</p>	<p>Taha Wairua Spiritual Wellbeing</p>

Description of Te Whare Tapa Whā



Taha Hinengaro Mental Wellbeing

Taha hinengaro is your mind, heart, conscience, thoughts and feelings. It's how you feel, as well as how you communicate and think. When you taha hinengaro is strong, you can better cope with the ups and downs of life. You can express your feelings, reach out for support from friends, whānau and hoamahi/colleagues if you need to.

Taha Whānau Social Wellbeing

Taha whānau is about who makes you feel like you belong, who you care about and who you share your life with. Whānau is about extended relationships - not just about your immediate relatives, it's your friends, colleagues, your community, and the people who you care about.

Taha Tinana Physical Wellbeing

Taha tinana is your physical wellbeing. It is about how your body grows, feels, and moves, and how you care for it. Trying to nourish and strengthen your physical wellbeing will help you be more resilient with the ups and downs of life.

Taha Wairua Spiritual Wellbeing

Taha wairua explores your relationship with the environment, people and heritage in the past, present and future. Your spiritual essence is your life force - your mauri. This is who and what you are, where you have come from, and where you are going. They way people view wairua can be very different. For some, wairua is the capacity for faith or religious beliefs or having a belief in a higher power. Others may describe it as an internal connection to the universe.

Description of Te Whare Tapa Whā



Hauora impacts every part of life - including career.
Different aspects of career also impact on hauora.

Taha Hinengaro Mental Wellbeing

The spillover of emotions, stressors, perceived failures and successes impacts on mental wellbeing. Positive hinengaro is transferred to career, and the different aspects of career impact on hinengaro.

Taha Whānau Social Wellbeing

Your career often dictates how you spend most of your day and who you spend it with. When aspects of career are going well this can positively affect relationships at home. Equally, home life and whānau have a big influence on career, including career choices.

Taha Tinana Physical Wellbeing

Rest and nutrition contribute to energy and concentration levels. This has direct impact on performance and when well-managed reduces the likelihood of mistakes and accidents. Physical strength or fitness is a requirement for many jobs. A drug-free and healthy body is important for opening career doors.

Taha Wairua Spiritual Wellbeing

Whether a student, a caregiver, a paid worker or a volunteers - a reason to get out of bed in the morning gives purpose. Employment status has been strongly linked to health and wellbeing outcomes.

Whenua

Connection to land, roots, identity

Research shows strong links between identity, career and wellbeing. Many people disconnected to their whenua find ways to enrich, give back or manaaki their whenua, whakapapa and whānau through their work.