

# TE WHARE TAPA WHĀ\*

## HAUORA WELLBEING

The four dimensions of hauora influence and support each other. Get the best out of yourself by understanding your balance.



### **TAHA WHĀNAU** **FAMILY & COMMUNITY**

Building strong relationships

I feel connected  
and supported



### **TAHA WAIRUA** **SPIRITUAL**

Lifting my spirit

I feel nurtured  
and grounded



### **TAHA HINENGARO** **MENTAL & EMOTIONAL**

My feelings and thoughts

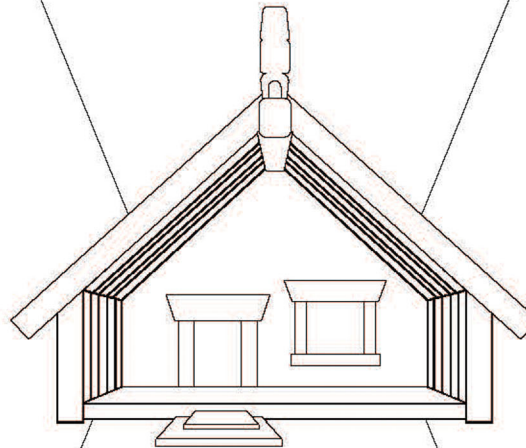
I feel confident  
to progress



### **TAHA TINANA** **PHYSICAL**

Taking care of my body

I feel healthy  
and energised



\* Te Whare Tapa Whā – A wellbeing model developed by Tā Mason Durie