

FINDING BALANCE TO SUSTAIN PERFORMANCE



WE ARE ALL INDIVIDUALS

Learning what works for you is a journey of self-discovery.

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



**TAHA
WHĀNAU
FAMILY &
COMMUNITY**



**TAHA
HINENGARO
MENTAL &
EMOTIONAL**



**TAHA
WAIRUA
SPIRITUAL**



**TAHA
TINANA
PHYSICAL**



Balance

Seek balance in your life. Include a mix of activities:

- Challenging
- Fun
- Sociable

Time away from training aids recovery, nurturing enjoyment and enthusiasm.



Priorities

Sleep plays a major role in your overall wellbeing.

Aim for 7-10 hours sleep per night to reduce the risk of illness/injury and aid recovery.



Connect

Take time to connect:

- Friends
- Whānau
- Hobbies
- Spiritual
- Relaxation
- Self-learning
- Discovery



Health

Injury and illness may mean lost time to sport and training, which can, in turn, impact your emotional wellbeing. Ongoing or recurrent issues may be a sign of imbalance.



Awareness

Monthly report card: Is my cycle healthy?

- Regular
- Bleeding
- Pain
- Symptoms

Your menstrual cycle should be healthy even with hard training.



Total Load

Athlete demands are high:

- Social
- Emotional
- Training
- Recovery
- Adaptation
- Work
- Education
- Media



Share

Talk about your health and wellbeing with those who care and support you. Have regular conversations about your balance and changes that matter for you.

If in doubt, check it out!