

TE AROWHAI HAUORA

WELLBEING CHECK IN TOOL



Hauora - Wellbeing Check in Tool

This self-care check in activity is a tool you can use at any time to help you identify ways to strengthen your wellbeing - hauora. For useful tips and resources to support you, check out the resources on our website www.ayacancernetwork.org.nz.

What is hauora?

Hauora - wellbeing is a Māori view of health unique to Aotearoa and covers the physical, mental, social and spiritual needs we have. Māori believe that each of these four concepts makes up our wellbeing. When all these things are in balance, we thrive. When one of these things is out of balance, our hauora is impacted. In the model Te Whare Tapa Whā, the areas are shown as a whare - house. All parts of the whare must work together to stay strong and hold it upright and this shows the interconnectedness of our health and wellbeing.

The key areas of hauora are:

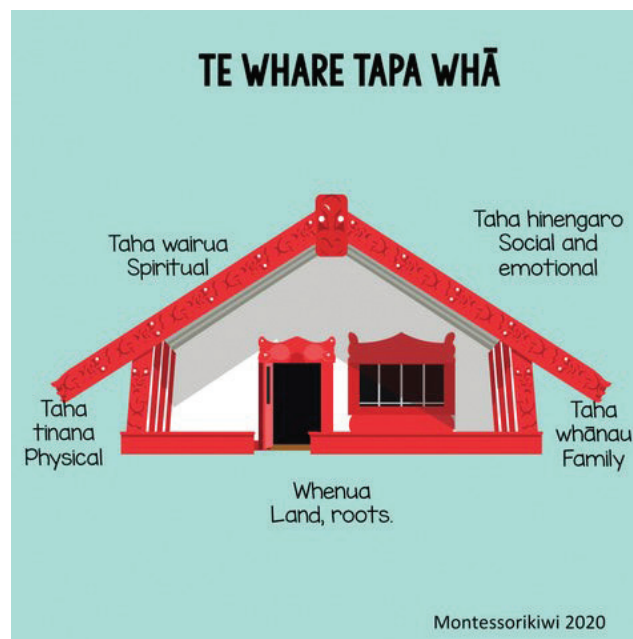
Taha whānau - social wellbeing. Your whānau are the people you feel you belong with, who you care about, and who you share your life with. Whānau includes extended relationships like friends, hoamahi - colleagues and your wider community and all form part of your identity.

Taha hinengaro - mental wellbeing. This is your mind, heart, conscience, thoughts, and feelings. It also includes how you communicate and think, as well as your mood and concentration.

Taha Wairua - spiritual wellbeing. Wairua is different for everyone and can mean faith, religion or belief in a higher power. It can also be your relationship with the environment and connection to whakapapa - genealogy/lineage, your sense of meaning and self-awareness, or your essence or life force.

Taha Tinana - physical wellbeing. How your body grows, feels and moves, and how you care for it. Nourishing and strengthening your physical wellbeing can help you manage the 'ups and downs' of life. Feeling physically well can help you feel mentally well.

*Kei a koe te oranga.
Your wellbeing is in your hands.*



Try the following activity to help you identify where your wellbeing might be off-balance so you can explore tools provided in this resource to help. You can do this any time, as each time will be different.

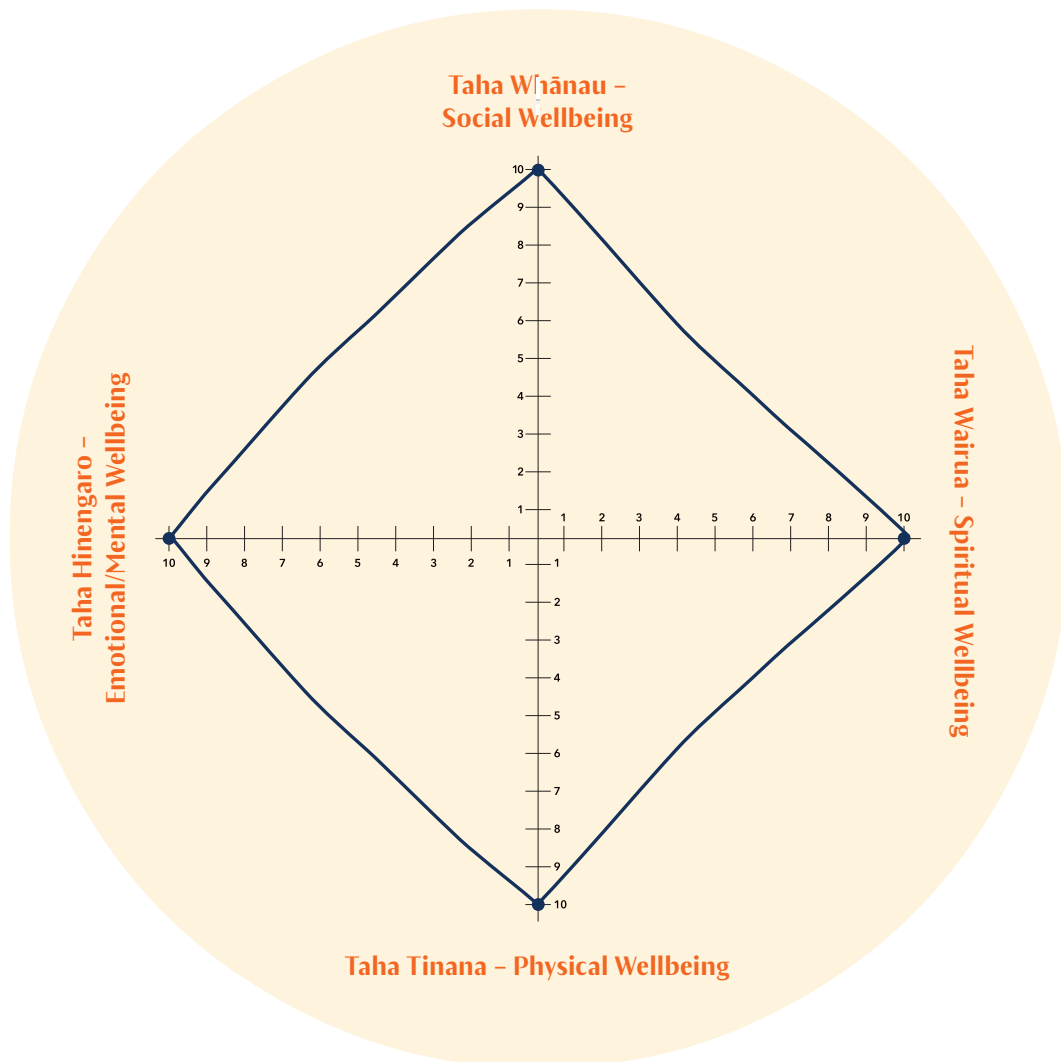
WELLBEING CHECK IN ACTIVITY

1. On the Hauora Check In Tool mark on each axis where you think you are in each area of your hauora out of 10. A rating of 10 means you're doing amazing, and 1 means things aren't going great.
2. Join the dots from each area to see your position. If you achieve 10 out of 10 in each section – you should have a perfect diamond. (Don't worry if you don't. This just means there are areas you can work on).
3. On the Hauora Plan list things you can do to improve your wellbeing. You can use suggestions from our 'Life after Cancer Booklet', or from our online resources at www.cancernetwork.org.nz Do it with your mates or whānau and try to be specific.

Taha Whānau - My Social Wellbeing Things I can work on	Taha Tinana – My Physical Health Things I can work on
1. Make time for my family	1. Do daily stretches to build core strength
2. Say 'yes' to social invitations	2. Keep a fatigue diary to help manage energy
3. Attend an event	3. Keep healthier snacks to hand

4. Make a plan for how you can achieve these goals and put in a review time to do the exercise again to see if you can achieve a bigger diamond. Use different coloured pens to map your progress and enjoy watching the positive changes take place.

How a perfect diamond looks



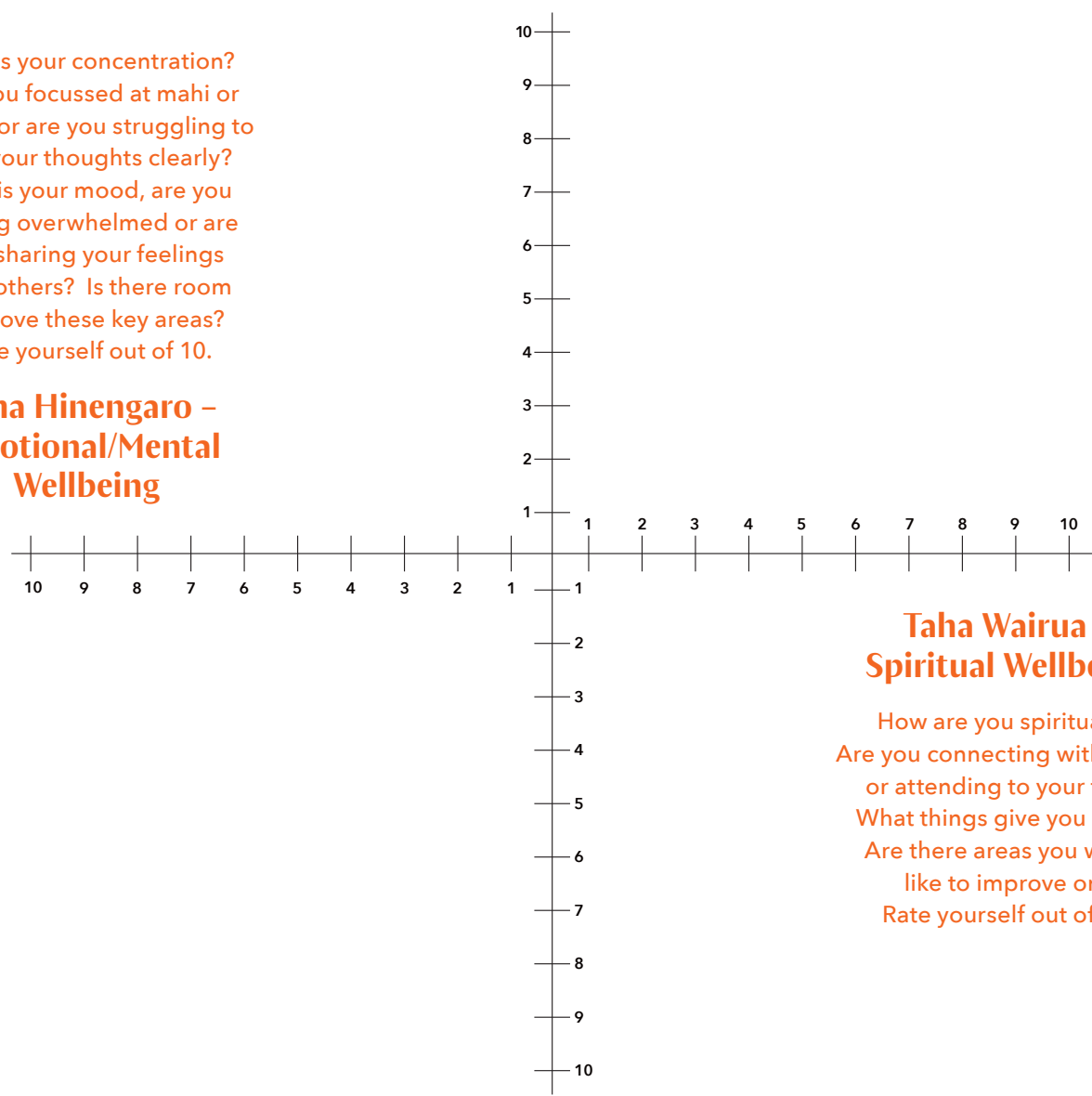
ACTIVITY - MY HAUORA CHECK IN Give yourself a rating in the key areas.

How is your social wellbeing? Are you connecting with friends and whānau regularly? Do you have activities to look forward to or would you like to increase your social activities? Rate how well you feel this area of your life is going out of 10.

Taha Whānau – Social Wellbeing

How is your concentration? Are you focussed at mahi or school or are you struggling to find your thoughts clearly? How is your mood, are you feeling overwhelmed or are you sharing your feelings with others? Is there room improve these key areas? Rate yourself out of 10.

Taha Hinengaro – Emotional/Mental Wellbeing



Taha Wairua – Spiritual Wellbeing

How are you spiritually? Are you connecting with nature or attending to your faith? What things give you hope? Are there areas you would like to improve on? Rate yourself out of 10.

Taha Tinana – Physical Wellbeing

How are you feeling physically? Are you getting enough sleep or exercise and eating well or is there room for improvement in this area? How are your energy levels - are you leaping out of bed or is your body struggling to get going? Rate where you think you're at out of 10.

✂ Tear or cut out to pop on the fridge

ACTIVITY - MY HAUORA PLAN

For each area that needs improvement put down 5 things that you can do to strengthen your hauora. You can check back through this booklet for ideas.

Taha Whānau – Social Wellbeing

Examples: say yes to more social activities, make a time to visit whānau, join a club, get out more, organise social events at my mahi-work.

1. _____
2. _____
3. _____
4. _____
5. _____

Taha Wairua – Spiritual Wellbeing

Examples: listen to music, take a walk in nature, pray or meditate, try mindfulness apps.

1. _____
2. _____
3. _____
4. _____
5. _____

Taha Hinengaro – Emotional/Mental Wellbeing

Examples: read a good book, try brainteasers, look into a course, keep a diary about my feelings.

1. _____
2. _____
3. _____
4. _____
5. _____

Taha Tinana – Physical Wellbeing

Examples: walk three times a week, try a healthy food box, play sport with friends, get 8 hours sleep a night, sign up for a sports event.

1. _____
2. _____
3. _____
4. _____
5. _____

Make a plan and get to it!

Now you have some strategies tell your friends and whānau. Fill the check in tool again in a month and see if any areas have improved. Remember, your wellbeing is ongoing, and integrating new things into your life can take time. Small changes can still make a big difference, now it's up to you.

