

## ACTIVITY - MY HAUORA CHECK IN

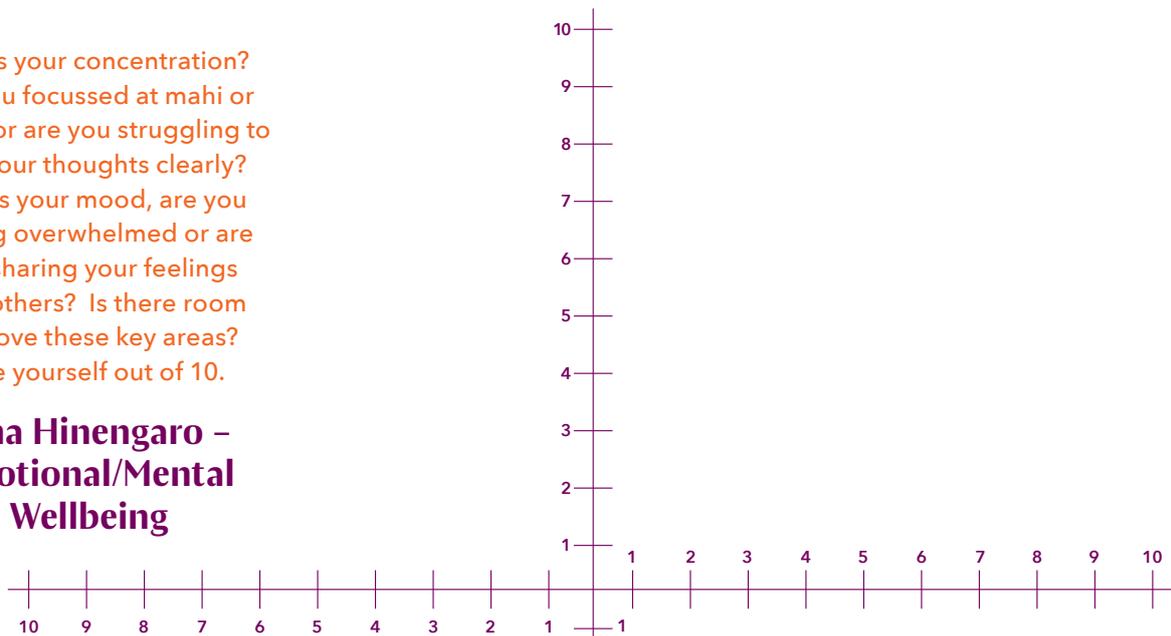
Give yourself a rating in the key areas.

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.

## 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 whanau, 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.