

Worksheet (workplace)

**Finding balance: Te Whare Tapa Whā**

**Activity**

1. As a team, consider how your workplace:

* Keeps each wall safe
* Provides support when a wall may be weakened
* Helps strengthen each wall to build resiliency
* Supports positive connections (nature, community & with where we live)

2. Consider, what can we do to create balance?

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| **Taha tinana** (physical health) | **Taha hinengaro** (mental health) |
| **Taha whānau** (social relationships) | **Taha wairua** (spirituality\*) |
| **Whenua** (connection with the land or environment) | |

\* Spirituality is expressed through beliefs, values, traditions, and practices, that support self-awareness & identity. It provides a sense of meaning and purpose as well as experiencing a sense of connectedness to self, whānau, community, nature and the significant or sacred. It does not necessarily mean practising religion.