

Appendix 2: Tangata Whaiora Hua Oranga outcome measure and reflection-planning tool

Hua Oranga (the benefits of wellbeing)

There are four areas outlined below that are important for health, wellbeing and resilience. These are Taha Tinana (Physical wellbeing), Taha Wairua (Spiritual wellbeing), Taha Whanau (Family/Social wellbeing), and Taha Hinengaro (mental and emotional wellbeing). They represent the four sides of a whare tupuna. The storehouse of our memories, stories, abilities and aspirations for ourselves and our people. The four taha work well when they are in balance. Sometimes when we are struggling in one area, we can focus and address this; at other times we can strengthen the other areas to share the load.

Take some time to see where you are at. For each question, respond by shading in the box from 1 (strongly disagree SD) to 5 (strongly agree SA), based on how you feel at this point in time (today).

Taha tinana or your physical health	SD				SA
Able to move about without pain or distress	1	2	3	4	5
I have goals to maintain or improve my physical wellbeing	1	2	3	4	5
I believe physical health improves my general wellbeing, including mental wellbeing	1	2	3	4	5
Physically healthy	1	2	3	4	5
These questions are about taha wairua or your spiritual health					
My mana is intact and acknowledged/respected	1	2	3	4	5
Strong in my cultural identity	1	2	3	4	5
Content within myself	1	2	3	4	5
Connected and healthy from a spiritual (Wairua and Mauri) perspective	1	2	3	4	5
These questions are about taha whānau or your family health					
Able to talk with my whānau and others	1	2	3	4	5
My relationships with whānau and others are healthy	1	2	3	4	5
Clear about my roles within my whānau/family, and how to fulfil them.	1	2	3	4	5
Able to participate in community, or hapū and iwi activities.	1	2	3	4	5
These questions are about taha hinengaro or your mental health					
I want to make changes in my life that contribute to my wellbeing	1	2	3	4	5
Able to think, feel and act in a positive manner	1	2	3	4	5
Able to manage unwelcome thoughts and feelings	1	2	3	4	5
I understand what contributes to my concerns and how to address these.	1	2	3	4	5

Reflection

If you could make improvements (a step at a time) in any taha (of the four areas), what would it/they be? Place a tick in the boxes you would like to be shaded in.

What would be different if you could make these changes to strengthen or balance the taha of your whare? How would life (really) change for you?

What first step (change) could you attempt to move in this direction? What would it take for you to live this way for two weeks?

Are there other areas of life important for you at this time? Such as work, recreation/hobbies, education. Write other areas that you would like to focus on:
