



## Personal Wellbeing

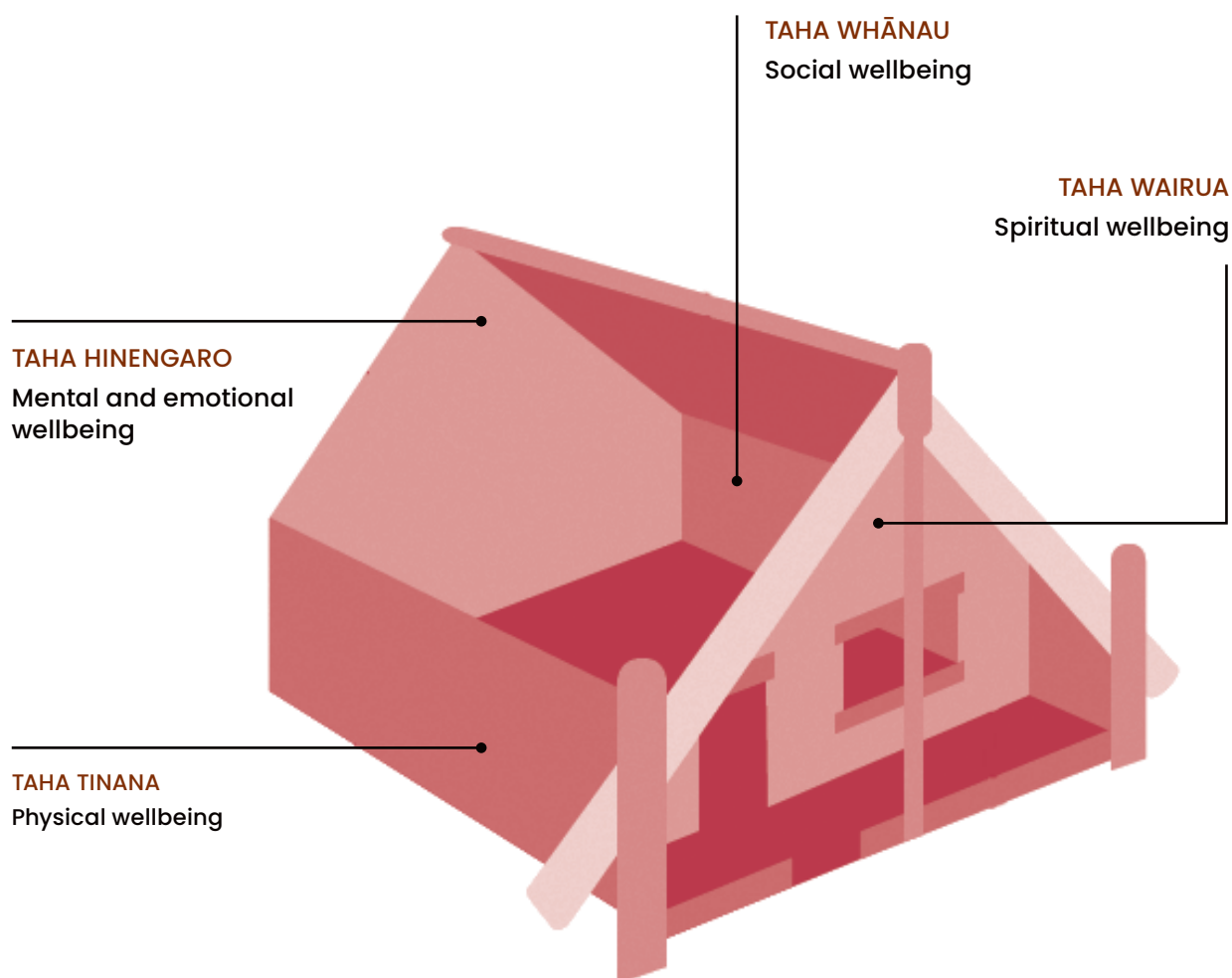
How we are feeling personally can impact on our ability to be resilient in the face of stress or adversity.

One well-known model that considers all the different things that work together to create wellbeing is Te Whare Tapa Whā, first designed by Sir Mason Durie in 1984.

All the different areas of our lives need to be nurtured and activated for us to thrive.

Look at the framework below and consider all the things that contribute to **your** sense of wellbeing.

## TE WHARE TAPA WHĀ





## Resilience

When things do stress us out, there are things we can do to restore our sense of wellbeing or address issues that are getting in the way.

One example is to take some time to do these things:

[www.mentalhealth.org.nz/five-ways-to-wellbeing](http://www.mentalhealth.org.nz/five-ways-to-wellbeing)



**We all have ways of coping with stress – some are helpful, some are not so helpful!**

E.g. **STRESSOR** – The bus always arriving late.

- **HELPFUL** – Using the time to listen to a podcast.
- **UNHELPFUL** – Abusing the driver.

If something is really getting on top of you, you can try using this approach:

### ACCEPT

Putting the situation in perspective – it is what it is – so that it can become less personal. How much is it within my control to influence the situation?

### AVOID

Refocusing away from the stressful situation or person, towards something more positive for you. What would be a helpful way for me to reframe the situation?

### ALTER

Shift your environment in some way so the stress is reduced or eliminated. How can I minimise the impact?

### ADAPT

Changing the way you think about or interact with the source of the stress. What can I do to shift my perspective?

E.g. **STRESSOR**: The bus is always arriving late and making me late for work.

**ACCEPT**: I can't control when the bus arrives, getting anxious won't get it here quicker.

**AVOID**: It's not the driver's fault. I can still use this time to catch up on emails.

**ALTER**: I could catch the earlier bus or ride my bike to work instead.

**ADAPT**: It's possible to use my commute to do work, arrive early OR exercise – I can choose how I get to work according to how I feel on the day.

Your turn

**STRESSOR:**

ACCEPT:

AVOID:

ALTER:

ADAPT: