



Types of Self-care using Te Whare Tapa Wha



Taha Hinengaro

(Mental and Emotional Health)



Create a routine or to do list



Take regular breaks. Go outside and smell the roses.



Put on a positive podcast or music to keep your spirits high



Set ground rules with household for when you are at work

Taha Tinana

(Physical Health)



Get outside for some fresh air



Fill your body with nutritious kai



Move your body! Shake it out! Try an online class?



Take frequent breaks from sitting



Separate work life and home life #balance



Taha Whānau

(Family and Community Health)



Set boundaries. List things you will/will not accept.



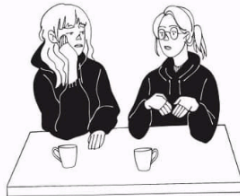
Spend time with the people you love.



Ask for help. It does not mean you are weak.



Build your support system with like minded people.



Have open communications with yourself and with the people around you.



Follow positive social media accounts.



Taha Wairua

(Spiritual Health)



Notice the beauty in the world and around your home



Practice mindfulness exercises or purposeful pauses during the day



Take time to feel the sun on your skin and breath in fresh air



Thank someone for how they make you feel or for the work they do