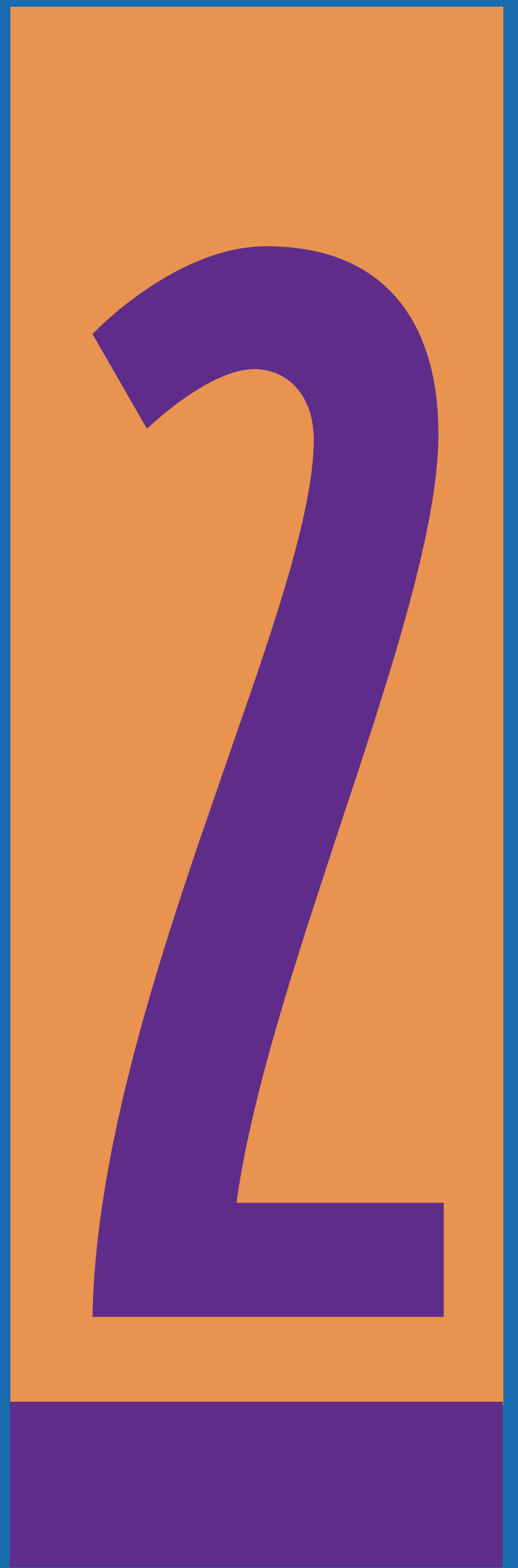


UP



UP2 is a simple series of cards that help you check in on you.

The cards provide prompts asking how you feel about your current **mental, physical, spiritual and community** wellbeing.

Using The Tool

As you move through each card, just **note down** the number that connects with how you're feeling

1. 2. 3. 4.

You'll then find a simple scale at the end of this resource. This shows where you're off and how you might bring some **balance** back to your state of being.

Taha Whānau
Your peoples

**YOUR
PEEPS
ALL
GOOD?**

Feeling **connected** to your
whānau or community?

1.
**Yeah,
GREAT**

2.
**We're
Doing
Ok**

3.
**Who
knows**

**Nah!
No
Good**

4.



Here's a clearing
Take a knee

**Ehara taku
toa i te toa
takitahi,
engari he toa
takitini**

**My strength
is not as an
individual,
but as a
community**



Taha Hinengaro
Your headspace

WHERE'S YOUR HEAD AT?

How's everything upstairs,
you on or off **balance**?

1.
**Clear
As!**

2.
**All
Goods**

3.
**I've felt
better**

**Feeling
Messed
up :- (**


4.



Another clearing
Take a breath

**E hoki ki tō
maunga teitei
kia purea nei
koe. I ngā hau a
Tāwhirimātea**

Return to your
mountains to
be cleansed
by the winds of
Tāwhirimātea



Taha Wairua
Inner space

**YOU
FEELING
THE
LOVE?**

Feeling connected to the
world or a little lost?

1.
**Yeah,
HARD**

2.
**Feeling
Grounded,
mostly**

3.
NOPE


4.
**Seriously!
Who
Cares**



Opening in the path
Chill for a moment

**Ko au te
taupā, kīhai
i puāwai ōku
moemoea**

**I am the only
boundary, to
the fruition of
my dreams**



Taha Tinana
Physical wellbeing

YOUR BODY FEELING STRONG?

You feeling on point?
How's the energy levels?

1.
**Strong
AS!**

2.
**Yeah...
Pretty
Good**

3.
**So
So**

4.
**Feeling
Low**



Almost done

Haere tonu

**Tama tū
tama ora,
tama noho
tama mate**

**An active
person will
remain
healthy**



Ka rawe Koe!

Nice work taking the time to check in with yourself! **Being mindful** of how you're doing and where you're at can help you tweak things to make life better.

Jump over to the next card to get a read on what your scores mean.

Ones and Twos

Have a look at the cards that you scored a **1 or 2** on – Mīharo! Awesome. These areas of your wellbeing are doing good or great even! Use the good vibes in these spaces to work on the areas where you're not feeling so hot.

Threes and Fours

Have a look at the cards that you scored a **3 or 4** on – Kia kaha, be brave! These areas of your wellbeing might need a bit of work to bring some balance into your life and help you be your best self.

Making Changes

If you're looking for ways to improve on these taha (parts) of your wellbeing you could check out some of the resources below.

Text or call 1737 – to focus on one or two key things you want support for

Five ways to wellbeing

www.mentalhealth.org.nz/five-ways-to-wellbeing

Feeling depressed?

www.depression.org.nz

In Your Hands

www.inyourhands.org.nz

Tough Talk

www.toughtalk.nz

Te Whare Tapa Whā

The **Up2 tool** is based on the Te Whare Tapa Whā health model, developed by Tā Mason Durie.

This model looks at health through four areas - **Taha Whānau** (community), **Taha Hinengaro** (mental), **Taha Wairua** (spiritual), and **Taha Tinana** (physical) wellbeing.

For **more info** visit:

mentalhealth.org.nz/te-whare-tapa-wha