



Equipping for a **PERFORMANCE MINDSET**



Wellbeing Check-in

How is your 'wellbeing' or 'energy' tank?

How are you feeling right now in terms of energy/enthusiasm for life? Is your tank full, half full, empty? Is the fuel light flashing?

What do you need today or this week, to fill your tank, or top it up (or to build your resilience?)

What is using up your energy reserves currently? Is there anything you can do to keep your tank from dropping below the empty light level?

Where do I sit in the Mental Health Continuum?

	Healthy	Reacting	Injured	ILL
Behaviours	Physically and socially active	Decreased activity/socialising	Avoidance/withdrawal	Not going out or answering the phone
Workplace	Performing well In control mentally	Procrastination Missing deadlines Working long hours	Poor performance/ Workaholic Poor concentration and decisions	Can't control behaviour, perform duties or concentrate
Social & Lifestyle	No/limited alcohol use/gambling	Regular but controlled alcohol use/gambling to cope	Increased alcohol use/gambling Hard to control with negative consequences	Frequent alcohol or gambling use Inability to control with severe consequences
Physical Health	Physically well	Muscle tension Headaches	Increased aches and pains	Physical illness
Attitude	Motivated and focused	Distracted and forgetful	Negative attitude	Overt insubordination
Mood	Normal mood fluctuations Calm and takes things in stride Good sense of humour	Irritable/impatient Nervous Sad Overwhelmed	Angry Anxious Sad Hopeless	Angry outbursts Aggression Anxiety/panic attacks Depressed, suicidal thoughts
Energy & Rest	Good energy levels Normal sleep patterns Few sleep difficulties	Low energy Trouble sleeping Intrusive thoughts	Fatigue Restless disturbed sleep Recurrent images Nightmares	Constant fatigue Cant fall asleep or stay asleep Sleeping too much or too little



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Building a solid foundation

How balanced is your Whare right now?

What's present and what's missing?

Are there any places which are taking all your energy?

What do you need to do to re-balance the structure?

TE WHARE TAPA WHĀ* the four cornerstones of wellbeing

Sometimes life can be tough

Staying well means caring for your body, soul, mind and whānau

It's a sign of strength to ask for help

TE TAHA HINENGARO
Psychological health

3

TE TAHA WHĀNAU
Family health

4

TE TAHA TINANA
Physical health

1

TE TAHA WAIRUA
Spiritual health

2

**Build a solid foundation...
Nurture all aspects of your Whare**

* Te Whare Tapa Whā, Model of health – Mason Durie (1982)

1

**BODY
TE TAHA
TINANA**
Physical health

Eat well, sleep well, exercise

2

**SOUL
TE TAHA
WAIRUA**
Spiritual health

Acknowledge who you are, what you believe in and where you have come from

3

**MIND
TE TAHA
HINENGARO**
Psychological health

Understand how mental health can shift over time – recognise the signs
Use resilience tools

4

**WHĀNAU
TE TAHA
WHĀNAU**
Family health

Nurture and build your relationships
Keep an eye out for your buddies (and get them to do the same for you)

Who's in my support system?

Where will I go for support?

What does my recovery phase look like?