

### Explore taha whānau

#### Family and social wellbeing

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#### What is taha whānau?

Taha whānau is about who makes you feel you belong, who you care about and who you share your life with.

Whānau is about extended relationships – not just immediate relatives. It's your hoamahi/colleagues, friends, community and the people you care about. You have a unique place and a role to fulfil within your whānau and your whānau contributes to your wellbeing and identity.

#### Why is taha whānau an important way to wellbeing?

Spending time with whānau, doing things for them and getting involved gives you a feeling of purpose, connection and wellbeing. As a core source of strength, support, security and identity, whānau plays a central role in your wellbeing.

#### Exploring your way to wellbeing through taha whānau

- Connect your work whānau and non-work whānau together by having a whānau day! Hold a BBQ or picnic at your mahi and invite your hoamahi to bring the people who are important to them too.
- Brainstorm what whānau means to your workplace. How can you create a workplace environment with whānau values?
- Get to know your neighbours – invite people from nearby workplaces to share a morning tea with your hoamahi.
- Encourage hoamahi to bring in photos of the people who are important to them and decorate their work space.
- Strengthen connections between work whānau by holding a monthly shared lunch – get people to bring in their favourite kai.
- Have a hoamahi going through a tough time? Rally together to prepare meals, or offer any other tautoko/support needed.
- Organise lunchtime workshops – invite people to share their knowledge and passion about things that may or may not be related to your mahi!

# REFLECTIONS

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<p>What does taha whānau mean to you?</p> <hr/> <hr/> <hr/>	<p>What activities did you try out today?</p>
<p>What made you feel good?</p> <hr/> <hr/> <hr/>	<p>What didn't work for you?</p>
<p>I'd like to do more of...</p> <hr/> <hr/> <hr/>	<p>How did you feel after spending today exploring taha whānau? Place an emoji sticker here so you can remember how it made you feel:</p>