

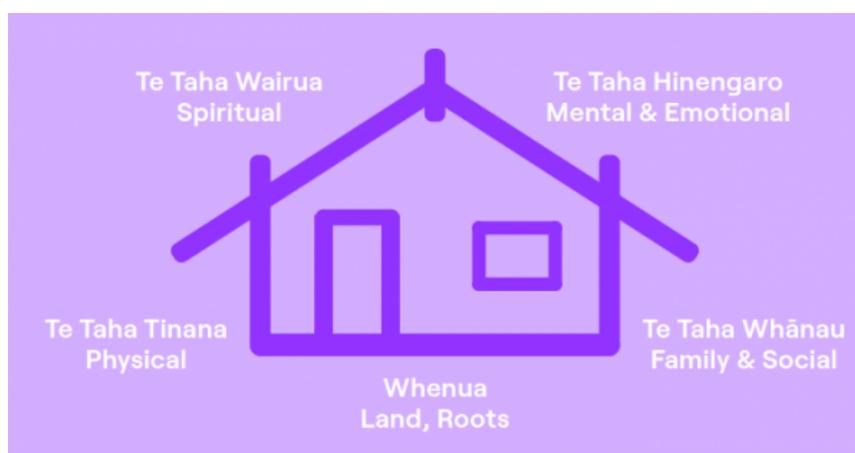


# YOUR WELLBEING KETE OR TOOLBOX

In the past, approaches to health have often concentrated on correcting physical symptoms of ill-health, but we now recognise that good health is dependent upon more than just the function of the body. If mental, spiritual, social, and environmental dimensions are not addressed, then we are treating only part of the person.

Mason Durie developed a holistic model of wellbeing called 'Te whare tapa whā' (the four-sided house) in 1984. Since then, this model of well-being has been used extensively in health settings all over Aotearoa New Zealand.

## The four pillars of personal wellbeing are:



Having arthritis can mean we are challenged in all aspects of life – physically, mentally, emotionally, and spiritually – so it makes sense that we need to address all these areas when taking care of our wellbeing. When we are feeling unwell it is hard to find the energy to look after ourselves. So having a toolbox or kete ready at hand with tools that can support us is a good idea.

## How can I make a Wellbeing Toolbox?

### Step One - Make a list of what brings you joy

Recognising what people, practices, places, beliefs, and objects support you and bring you joy is the first step to creating your wellbeing kete. Think about all aspects - your mental, spiritual, physical, and social needs. Examples can include massage, yoga, foot roller, favourite aromatherapy oils, hot-water bottle/wheat-bag, eye pillow, fragrant candle, exercise/strength class, seeing friends or family, gentle & uplifting music, prayer group, guided meditations, breathing exercises, uplifting podcasts, spiritual texts, a favourite hobby, comforting blanket & cushion, soft & comfortable clothing, favourite perfume.



### Step Two – Identify your toolbox/kete

Find a decorative box, or a special place in your house, and collect the physical objects you identified in Step One – including the list of what brings you joy. Put them in your kete.





### Step Three - Medications

Put your medications in one place so they are easy to find. Write down a list of their names, what they do, and what the dosage and frequency is. Pop the list in your toolbox.



### Step Four – Medical records

Gather all medical documents, test results and reports into one place – whether it be in a computer folder or a physical ring-binder or box. It's also a good idea to take notes when you go to a doctor's appointment (or take a support person with you) so you can keep track of what was said. Put all of these in your kete.

### Step Five - Diarise

Use a calendar (online or physical) to keep track of up-coming appointments. This will help you to pace activities over the week, so you don't end up doing too much!



### Step Six – Use a journal to create a wellbeing plan

What to write in your wellbeing plan?

(think about the list you made in Step One):

- What activities, people, practices, and objects will you build into your life to support you?
- When will you do them? How will you do them? Write them in your calendar.
- What is your 'Plan B' for self-care on a 'bad' day? How will you look after yourself?
- What do you need to drop from your life that doesn't serve you?
- What is important to you? What do you want more of?
- What is your plan today? What about for the week?
- What nice things will you do for yourself every day? Write them down.
- Use your journal to write down thoughts, inspiring quotes, ideas, goals, & reflections.
- Keep the journal in your toolbox.

### What now?

When you feel unwell get your toolbox out and go through the special things in there – allow them to support you and remind you that what you need right now is self-care.

Concentrate on the NOW – don't worry about the future - it's only about what you can do now to support yourself.

The journal is a living document of self-care – keep adding to it as you live your life.



**Be kind to yourself – this  
is the key to wellbeing.**