Fact sheet
Reference list – Minimising and managing workplace stress

Stress in the workplace


Understanding the stress response


**Reducing the impact of stress – The Three Rs**


**Finding balance: Te Whare Tapa Whā**


NB: We have added the dimension taha whenua to Mason Durie’s Te Whare Tapa Whā model, to explicitly acknowledge the inter-relationship of whenua as the foundation for a whare, and the importance of that inter-relationship in Te Ao Māori.

**Identifying your challenges & practicing balanced thinking**


**Acceptance and change**


**Working backwards to a solution**


**Switching on the relaxation response**

