



**Social needs address the necessity for belonging, love, affection, and companionship in relationships with family, friends and peers.**

- Situate yourself in spaces with people who complement, motivate and inspire you
- Find balance with spaces where you are the primary source of strength, inspiration, and support



**Physical needs address the care of your body.**

- Eat, healthy, drink water, exercise
- Never allow others to abuse it.... Including you!



**Intellectual needs address the care of your mind.**

- The brain is a muscle that requires training and exercise
- Learn something new, expose yourself to new ideas
- Recognize that some of the best things can't be learned in a book or Google or an app... ENGAGE the world.



**Creative needs address the care of your uniqueness and expression.**

- Design, build, imagine, write, sing, find solutions...
- Be a trendsetter and innovator, contribute your gifts, make yourself SMILE!



**Emotional needs address the care of your heart....**

- Outlets for emotional expression from joy to sorrow, angst to anger and everything in between supports our health and well-being
- Hurt happens when we hold them in. Emotions will be come out but be less predictable, more difficult to control, and may overwhelm



**Spiritual needs address the care of you soul...**

- Different from religion but connected. This is the sense of belonging and the awareness of a higher power.
- Spiritual rejuvenation can come from prayer, meditation, a walk in nature, a hug from a loved one, witnessing a kindness, or recognizing your own vulnerability.

