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.