

Meeting your needs and making best use of your Resources – a checklist.

All living things, survive, grow and thrive by using their resources to meet their needs in their environment. We humans all have certain “given” needs and resources. When we are able to meet all our needs IN BALANCE we enjoy good health. Balance is not perfection; it is a question of getting our needs met well enough for our life to work well.

This first section allows you to rate how well you feel you are meeting your different **emotional** needs at present. (For instance in the last 1 – 2 weeks). You can choose the number between 1 (for a need is not met at all) up to 7 (where that need is fully met). A need or resource that scores 4 or less needs attention. It is also important to notice and appreciate the areas that you feel are going well.

SECURITY: “do you feel secure in your home”	1	2	3	4	5	6	7
“do you feel secure outside your home”	1	2	3	4	5	6	7
“do you feel secure at work” (if you work: if not leave this blank)	1	2	3	4	5	6	7
CONTROL: “do you feel you have enough control in your life, that you can make choices and/or make things happen?”	1	2	3	4	5	6	7
PRIVACY: “are you able to get time to yourself, to reflect and recharge?”	1	2	3	4	5	6	7
ATTENTION: “do you feel you receive enough attention from other people?”	1	2	3	4	5	6	7
“do you feel you give other people enough attention?”	1	2	3	4	5	6	7
INTIMACY: “do you feel completely known, and accepted by at least one person, if not physically then at least emotionally”	1	2	3	4	5	6	7
COMMUNITY: “do you feel part of a wider community”	1	2	3	4	5	6	7
STATUS: “do you have a status that feels right to you and is acknowledged by at least some people around you?”	1	2	3	4	5	6	7
ABILITY: “are you achieving things and/or feeling competent in at least one important area of your life?”	1	2	3	4	5	6	7
MEANING: “are you feeling stretched or challenged in a good way, and/or do you feel that you have meaning and purpose in life?”	1	2	3	4	5	6	7

In addition to these needs we are all born the amazing resource of our imagination. We can revisit past events, work out how things might be in the future. This ability can sometimes run away with us in a harmful process called rumination.

IMAGINATION: “I am able to use my imagination without getting stuck in worries, going over past events, or generally “overthinking”.	1	2	3	4	5	6	7
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Relaxation:

We are all born with an in-built relaxation system. People over the years have learnt many ways to activate this system. Some of us find to time to do this quite naturally, for instance by taking a long bath. Some people use phone apps, breathing exercises, yoga, tai'chi, chi-gung, singing, chanting, or meditation. Even if you don't particularly do any of these things the same question applies

RELAXATION: "I am able to go into a state of relaxation and calm for at least 10 minutes a day".	1	2	3	4	5	6	7
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Meaningful, Purposeful Physical Activities

"Moderate activity" leaves you with enough breath to speak freely, but not sing (eg brisk walking, dancing or swimming). "Vigorous activity" leaves you really out of breath, such that you would have difficulty saying whole sentences (eg HIIT or circuits).

"EXERCISE" ACTIVITY : "I spend at least 30 minutes a day on moderate activity" OR - "I spend at least 15 minutes a day on vigorous activity".	1	2	3	4	5	6	7
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Our ancient ancestors didn't "exercise": they were just busy getting on with their lives, meeting their needs for food, water and shelter, as well as activities that kept their community bonds strong. The best "exercise" is physical activity that helps you meet your other needs – to have fun, to meet people, to get into nature, to learn something new, or improve skills, or compete in some meaningful way.

We are beginning to understand that even when we aren't "exercising", that simply moving about, standing and doing simple tasks is vital for our health, whilst sitting still for long periods is not good for us. This question is not meant to be exact, but an opportunity to think about how much general activity we are doing.

GENERAL ACTIVITY: "I don't sit still for long, and/or I spend a good part of the day standing, moving about, or generally active"	1	2	3	4	5	6	7
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Sleep

Sleep is one of our most incredible natural resources. It helps us learn, remember, make sense of things and de-stress, it also supports our physical health. So it is important we get enough time to draw on this resource each night

SLEEP : "I usually wake feeling refreshed, without the need for a morning nap and could manage the day well without caffeine"	1	2	3	4	5	6	7
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Food for Health and Wellbeing

Last but not least, food is one of our most basic needs. Obviously it is vital we have enough food to keep us going from day to day. Yet we know some foods support health better than others. These same helpful foods also help us to feel happier and calmer. Studies show that the more people eat these foods the better they feel about life.

NUTRITION: "how close do I get to some eating whole grain foods, some peas beans or pulses, some vegetables and fresh fruits, and nuts/seeds every day" (HINT – no-one is expecting perfection here: every little counts!!!)	1	2	3	4	5	6	7
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