

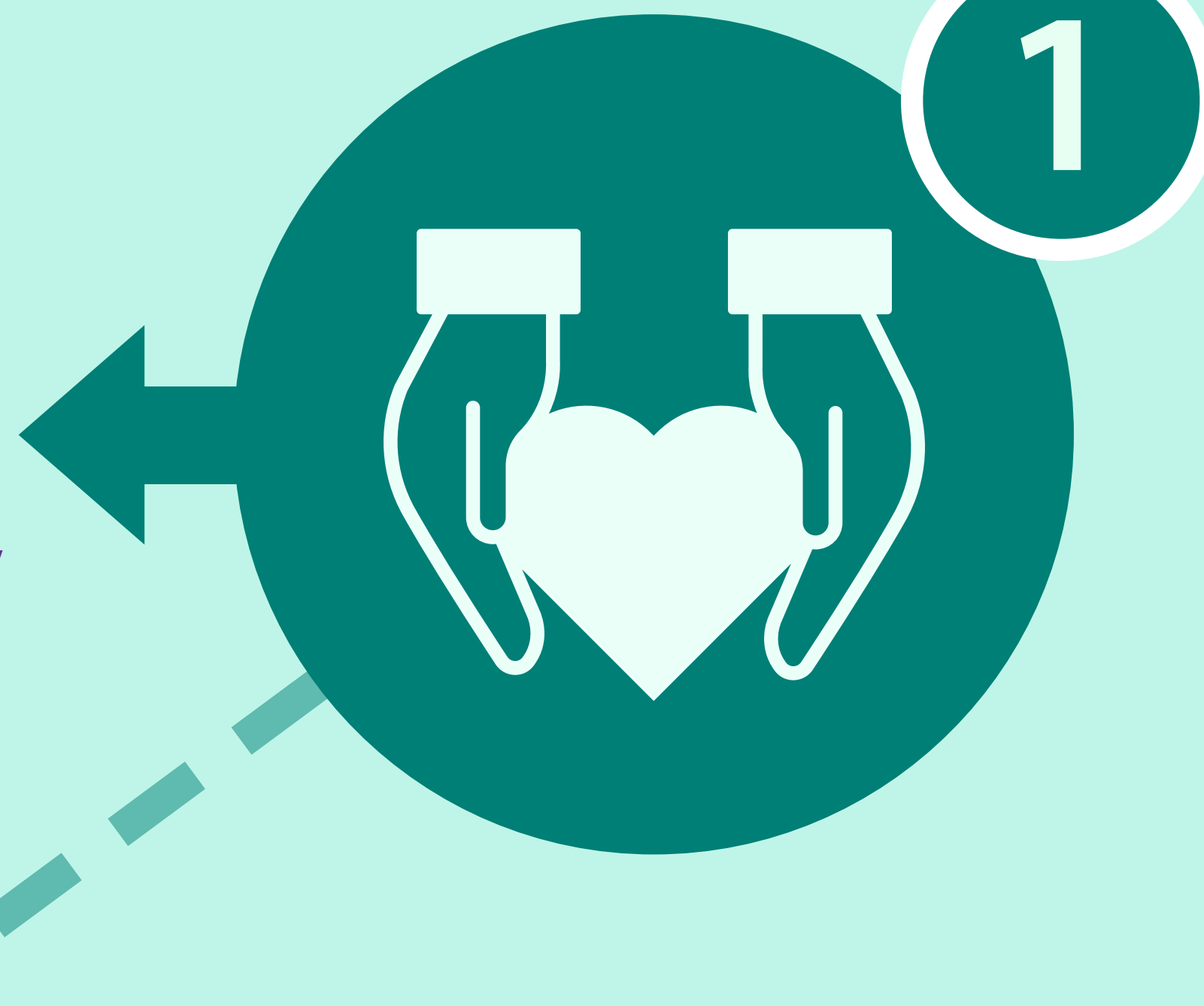


Do you know your 9 Emotional Needs?

People whose emotional needs are being met well and in balance are less likely to suffer mental health problems...

Security

Safe territory and an environment which allows us to develop fully



Attention

(To give and receive it) – a form of nutrition



Autonomy

Having volition to make responsible choices



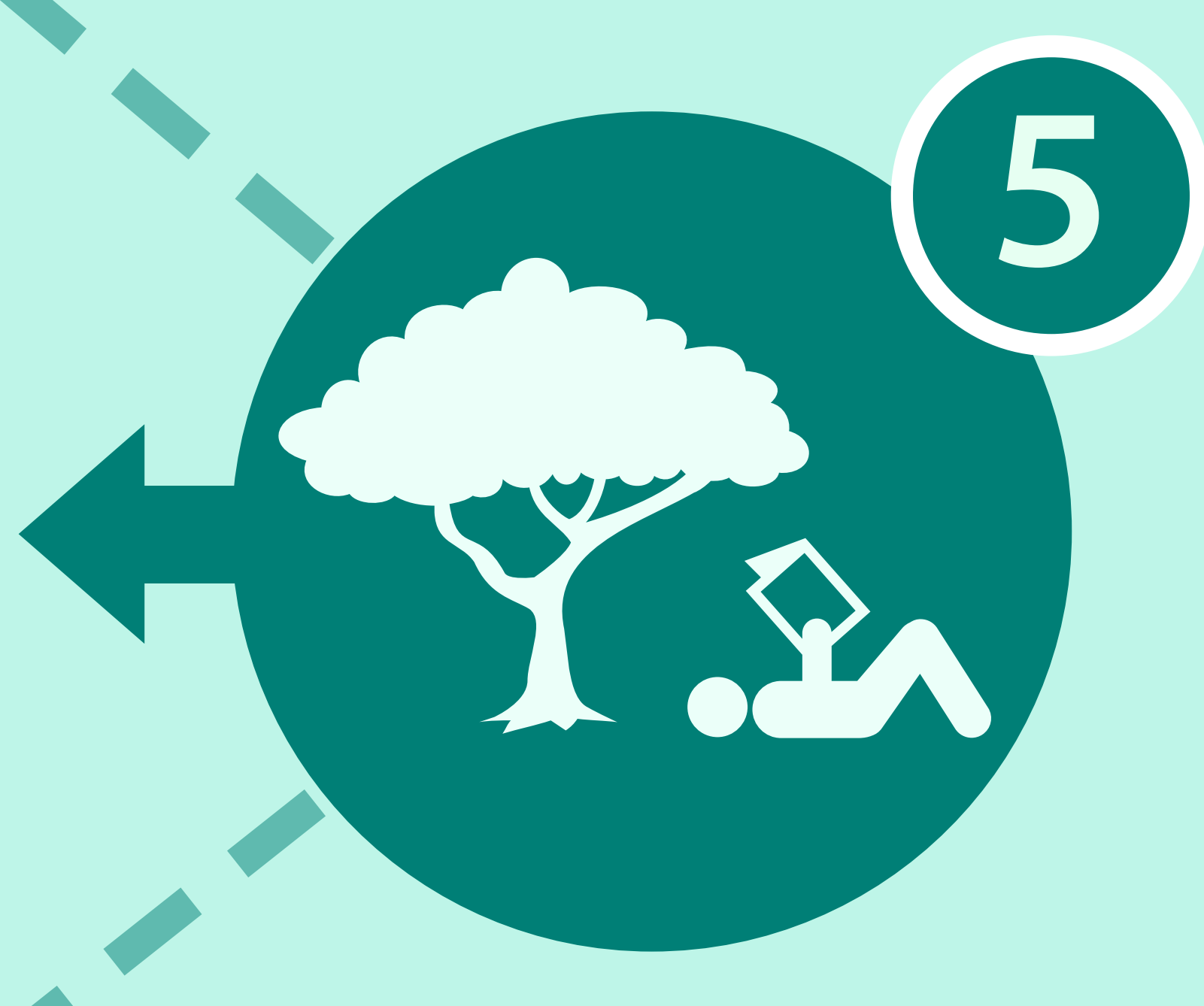
Community

Feeling part of a wider community



Privacy

Opportunity to reflect and consolidate experience



Meaning & Purpose

Which come from being stretched in what we do and think



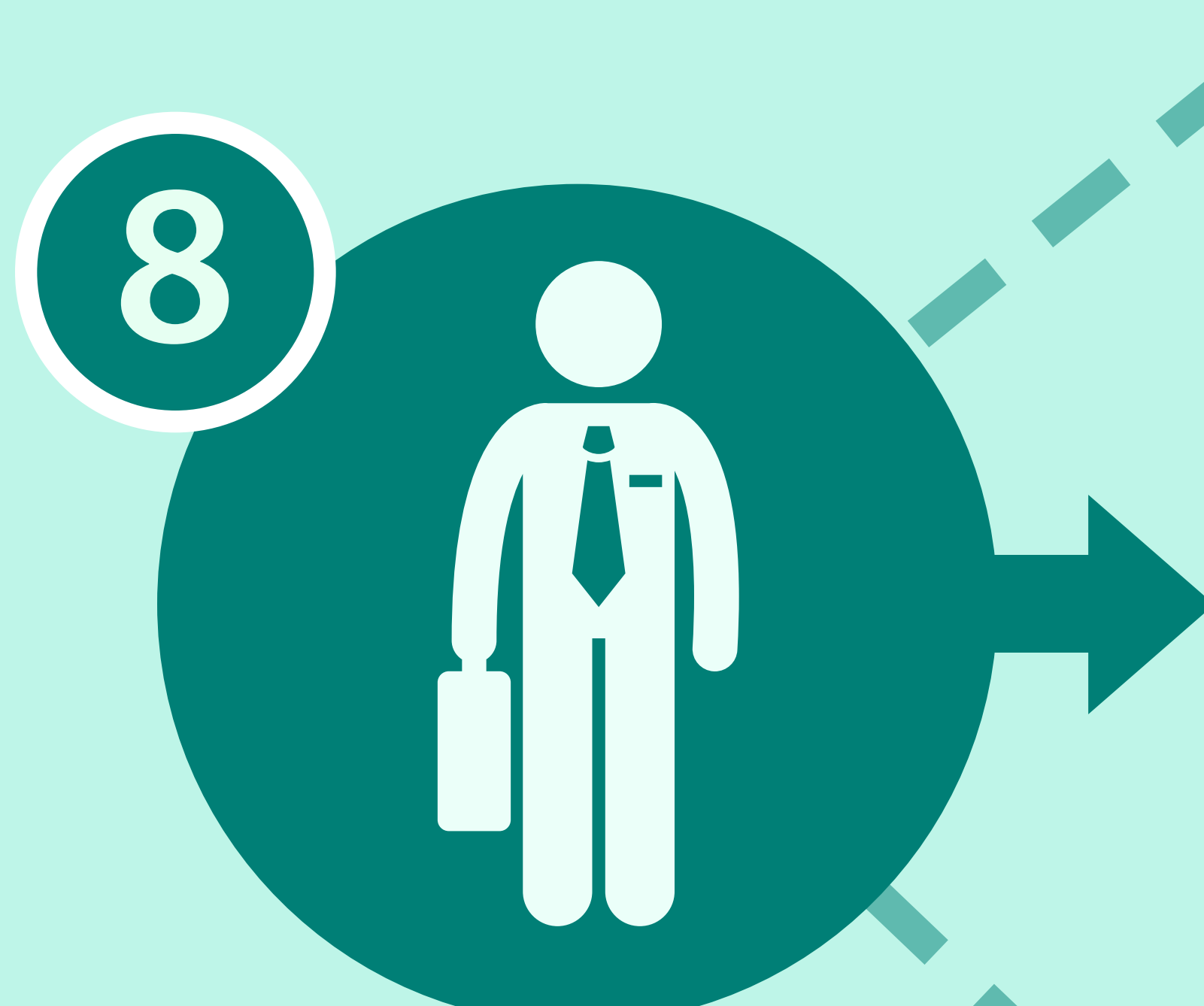
Intimacy

To know that at least one other person accepts us totally for who we are, "warts 'n' all"



Status

Sense of status within social groupings



Achievement & Competence

Sense of competence and achievement



www.hgi.org.uk/human-givens/introduction/what-are-human-givens

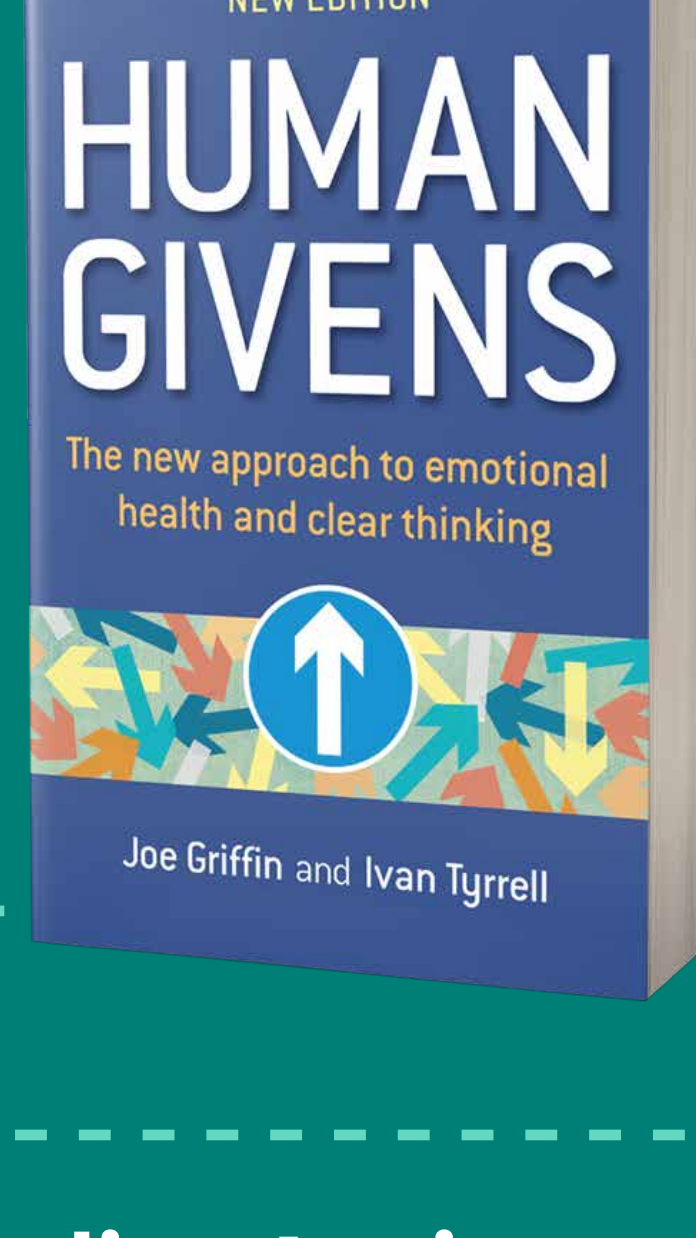
The Human Givens approach is a set of organising ideas that provides a holistic, scientific framework for understanding the way that individuals and society work. This framework encompasses the latest scientific understandings from neurobiology and psychology, as well as ancient wisdom and original new insights...

Interested in finding out more? Try some of our products:

Human Givens: The new approach to emotional health and clear thinking

by Joe Griffin and Ivan Tyrrell

www.humangivens.com



Understanding Anxiety – and managing it without drugs

Online Course

www.hgonlinecourses.com

How to lift depression – the practical skills you need

One-day UK Course

www.humangivenscollege.com



Find out more about the human givens (HG) approach to mental health and wellbeing visit:

www.hgi.org.uk