

Do you know your 9 emotional needs?



Every single one of us is born with essential physical and psychological needs. Ensuring that we meet our emotional needs well, and in balance, builds resilience against life's setbacks and helps prevent mental illness and emotional distress.

These are the key emotional needs that affect our mental health:



Security

a safe environment which allows us to develop fully



Attention

giving as well as receiving it



Control

having a sense of autonomy and control



Community

feeling connected to a wider community



Intimacy

somebody who accepts us "warts 'n' all"



Status

sense of status within social groupings



Achievement

a sense of our competence and abilities



Privacy

opportunity to reflect and consolidate experience



Meaning & Purpose

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