

Human beings all have certain ‘given’ needs and resources. Like all living things we use our resources to meet our needs in the world around us. When we are able to meet all our needs IN BALANCE and are able to use our resources we enjoy good health. ‘Balance’ is not perfection; what we need is **‘a life that works’**.

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. A need or resource that scores 5 and more is an area of strength where you life is 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
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 really known and accepted by at least one person, physically and/or 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 status that feels right 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

Often there are things we used to do, or things we’ve thought about doing in the future, that can help us meet these needs. Often a single activity can help us meet several needs at once.

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, but sometimes this ‘thinking’ can get out of hand

IMAGINATION:	“I can use my imagination without getting stuck in worries, going over past events, or ‘overthinking’”	1	2	3	4	5	6	7
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CBT and Mindfulness and [many other services](#) can be useful for learning to manage unhelpful thoughts running through our imaginations. Part of the answer can lie in the next two resources: **sleep and relaxation**.

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. We need enough time to sleep, and for our sleep to be restful.

SLEEP	“I usually wake feeling refreshed, don’t need a morning nap and could manage the day OK without caffeine”	1	2	3	4	5	6	7
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For help checking up on your sleep quality and general advice on sleep, see: [Sleep Well](#).

If you have very poor sleep or insomnia you will also find the information on [Still Awake?](#) very helpful.

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 or going fishing. Some people use phone apps, breathing exercises, yoga, tai'chi, chi-gung, singing, chanting, or meditation

RELAXATION and CALM "I am able to go into a state of relaxation and calm for at least 10 - 20 minutes a day"



People relax in many ways: see [How Can We Relax?](#) Breathing techniques are very useful if you are significantly stressed, [Breathe Easy](#) introduces the basic technique, there is more help in these [free audios](#), also [Belly Breathing](#) and [Time to Breathe](#). For ideas on using breathing to deal with panic, upsetting situations etc, see [Using the Breath](#).

Doing things 'for fun' is really important and isn't 'just for kids'. This is the best way we learn, develop skills, and find new ways of reacting to the world around us. This is why all intelligent animals spend part of their time playing. We have evolved to feel good when we do this, because it is useful and helps us in so many ways physically and mentally.

FUN,PLAY and CREATIVITY "Every day I spend time having fun, playing games, making or creating something new"



It may be the same activities that help us meet our emotional needs, relax, or keep fit **can also be fun**.

Physical Activities Our ancestors had to be very physically active to find water, food and shelter, and develop all their skills and abilities. When we stop doing a range of physical activities our mental and physical health suffers. Physical activities (which can include "exercise") are best when they mean something to us, or have some **purpose**, or **connect** us with other people, or with **nature**, or help us **meet our needs** in other ways. General pottering about, standing, and moving around are also vital - sitting still for long periods is not good for us!

General ACTIVITY "I spend a good part of the day standing, moving about, or generally being active"



"EXERCISE" type ACTIVITY "Each day I spend EITHER at least 30 minutes a day on moderate activity" leaves you with enough breath to speak freely, but not sing (*eg brisk walking, dancing or swimming*) OR at least 15 minutes on vigorous activity". "Vigorous activity" leaves you really out of breath (*eg High Intensity Training, or circuits*).

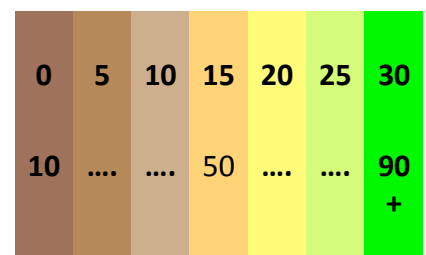


For ideas about all the different ways people enjoy physical activities and ideas for children, adults, disabled people, older adults and pregnant women see [Some Ideas about Getting Active](#) and <https://bit.ly/2AXDOCR>

Some foods have been shown to help us live longer, stay well, feel happier and calmer, sleep better, enjoy life more and improve gut health ('microbiome'). We can put these helpful "plant foods" into **5 groups**:

1: vegetables (all kinds), **2:** peas/beans/lentils **3:** whole grain foods, **4:** fresh fruit (especially berries) **5:** nuts/seeds. (Most people in the UK will score 10 for question 1 and not much more than 10% for question 2)

FOOD Variety "I eat about this many different plants each week" ("type of plant" means the original plant not the food, so all the foods made with wheat flour only count as one type)



FRESH/WHOLE PLANT FOODS "The amount (in %) of my food that is from the 5 groups is". (for this question just put a cross or circle in about the right place)



For a couple of simple reminders about food see: [Eat More Plants](#) and [Great Canadian Plate](#). There is more information in [How to Eat More Plants](#), [Plant-Based Diet FAQs](#) and "Processed Food" What does that mean?