



Everyday Check-In for Building Health and Resilience

Did you know that living healthier can boost mental and emotional resilience?

When we talk about living healthier, this should involve all areas of our lives:



Physical



Mental



Emotional



Spiritual

This holistic approach to wellbeing is aligned with **Maslow's Hierarchy of Needs**, a psychological theory that categorises human needs into five levels: physiological, safety, love/belonging, esteem, and self-actualisation.



So, how can we use Maslow's theory to build resilience in our everyday lives?

Here are some basic strategies:

- **Pyhsiological needs** - Prioritise getting enough sleep and eating a nutritious, balanced diet so that your body is primed to handle stress.
- **Safety and security** - Regular exercise can enhance your sense of security and trust in your body, which can boost endurance.
- **Love and belonging** - Invest time and energy into meaningful relationships, as this builds a support system that can help carry you through life's ups and downs.
- **Self-esteem** - Try dedicating time to mindfulness, passions, and hobbies, since these practices can strengthen your self-identity and confidence.
- **Self-actualisation** - When pursuing anything, whether it be a job or a once-off activity, ask yourself, "Does this align with my life's purpose, my dreams, and what I stand for?" When we have a strong 'why' and meaningful motivation that drives us, we are more likely to persevere and show resilience in the face of failure and challenges.



Including these practices in your daily check-in with yourself can help ensure each tier of your needs pyramid is met. This can help us foster an environment where mental, emotional, and physical resilience can flourish.