

Are you meeting your emotional needs?



mind Suffolk

Scan the QR code to see
how well you're meeting
your emotional needs



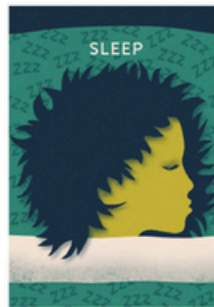
FOOD & DRINK

Nourish and hydrate
your mind and body



MOVEMENT

For a healthy mind and
body, get moving



SLEEP

Calm emotions, rest
and repair



SECURITY

Feel **SECURE** in your
environment



CONTROL

Feel some **CONTROL**
over your life



PRIVACY

Have time, space,
and **PRIVACY**



ATTENTION

Give and receive good
quality **ATTENTION**



EMOTIONAL
CONNECTION

Share an **EMOTIONAL
CONNECTION**



COMMUNITY

Feel part of a
COMMUNITY



STATUS

Feel valued and gain
RESPECT



ACHIEVEMENT

Build confidence
through **ACHIEVEMENT**



MEANING &
PURPOSE

Feel life has **MEANING
AND PURPOSE**

Physical needs
"My body is content"

Self management
"I feel calm and in control"

Relationships
"I feel connected"

Motivation
Feeling like "I can"