

## **We all have Vital Needs:**

We don't all have the same vital needs, but if yours are not met it creates stress.

We can learn what our vital needs are and make sure they are met to reduce stress. Take a few minutes and mark your top 10 vital needs to see what you need to do to reduce stress in your life.

1. Sleep
2. Personal time
3. Need to give and do for others
4. Recognition for achievement
5. Movement
6. Approval and acceptance
7. Order and closure
8. Time alone
9. Territory
10. Financial security
11. Being with people
12. Anticipation
13. Competition
14. Learning something new
15. Listening to music
16. Touching
17. Having a project
18. Variety of experiences
19. Structured time
20. Unstructured time
21. One-on-one attention
22. Group relationships
23. Empathy
24. Humor
25. Spirituality