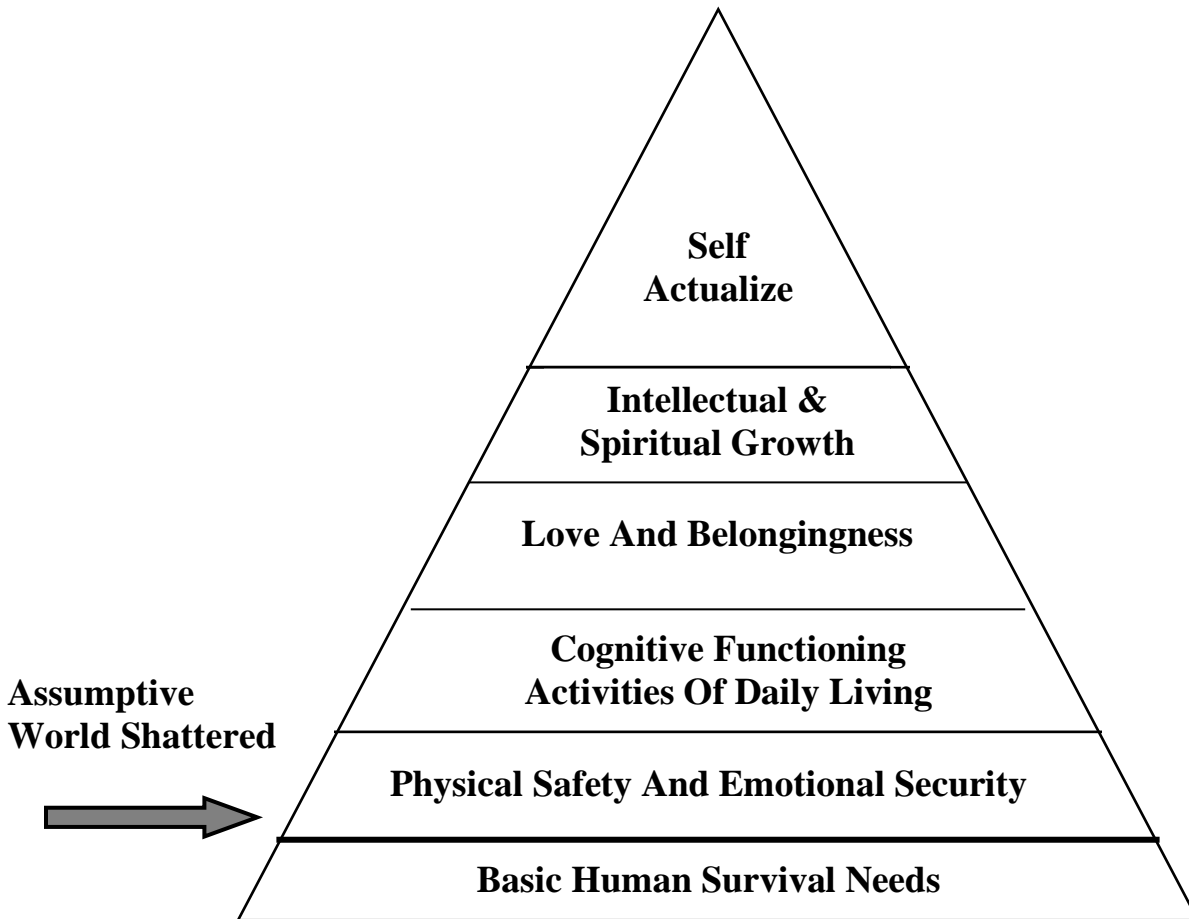




The challenge of the experience of Covid losses and the shattering of our assumptive world in terms of the basic hierarchy of human needs



The experience of multiple loss presents challenges to our need for:

- **Physical safety and emotional security** – a sense of orderliness in the world
- **Daily living** – the taken-for-granted **cognitive functioning**
- A sense of **love** and **belongingness**
- **Intellectual and spiritual growth**
- **Self-actualization**



Hierarchy of Needs, Functional Balance and Capacity Building

In light of these stressors we need to build adaptive capacities in each area of our life. In this way we can minimise psyching numbing and/or flooding.

