Addressing Social and Mental Health During COVID-19

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Special Populations
Region 10 ESC
START HERE

Breathe in

4 Seconds

Hold

4 Seconds

4 Seconds

Hold

4 Seconds

Breathe Out
“A Dysregulated Adult Cannot Help A Child Regulate Themselves”
Maslow’s Hierarchy of Needs

- **Physiological needs:** food, water, warmth, rest
- **Safety needs:** security, safety
- **Belongingness and love needs:** intimate relationships, friends
- **Esteem needs:** prestige and feeling of accomplishment
- **Self-actualization:** achieving one’s full potential, including creative activities

Levels:
- Basic needs
- Psychological needs
- Self-fulfillment needs
"The facts, Ma'am. Just the facts."