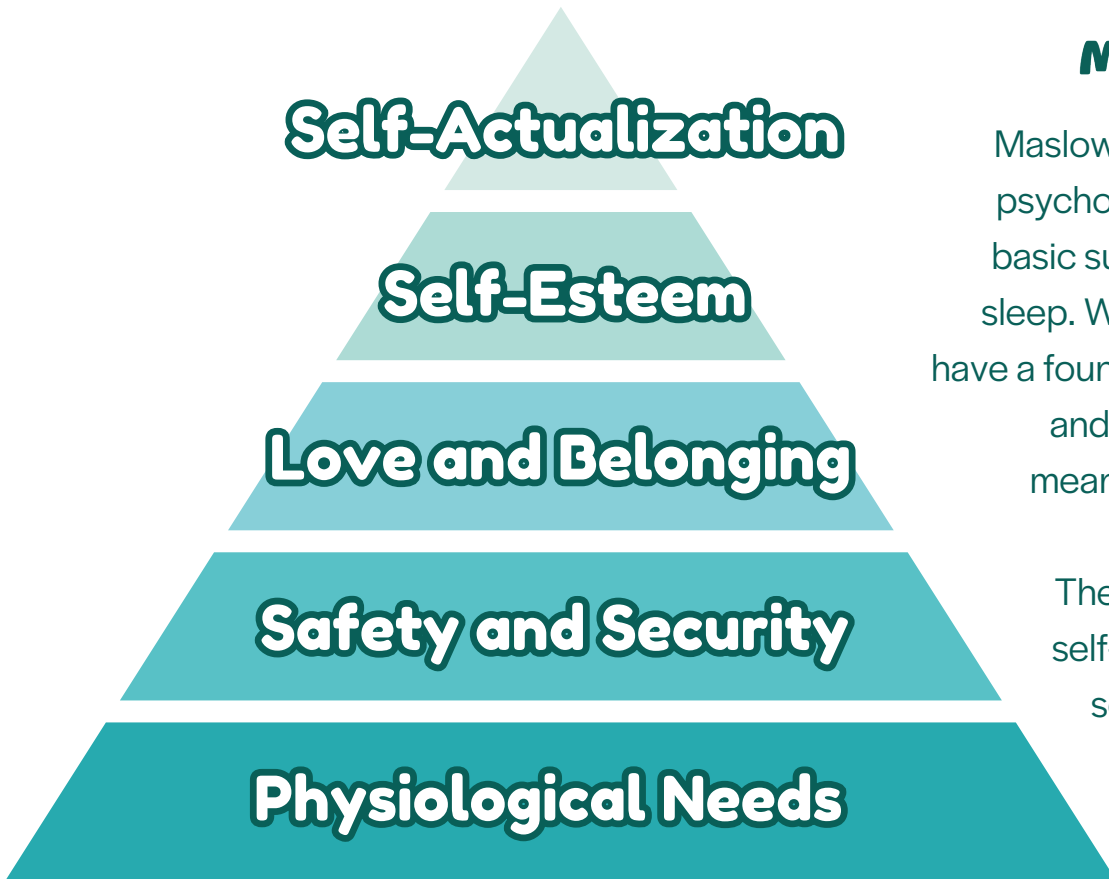


# What We Need to Thrive



## Maslow's Hierarchy of Needs

Maslow posited that in order to meet our higher psychological needs, we first need to satisfy our basic survival needs like food, water, shelter and sleep. When our basic needs aren't met we don't have a foundation for safety, socializing, self-esteem and therefore will have a difficult time finding meaning, motivation, and the means to thrive.

The order of each level is flexible. For some, self-esteem outweighs love, and others may self-actualize despite physiological needs not being met.



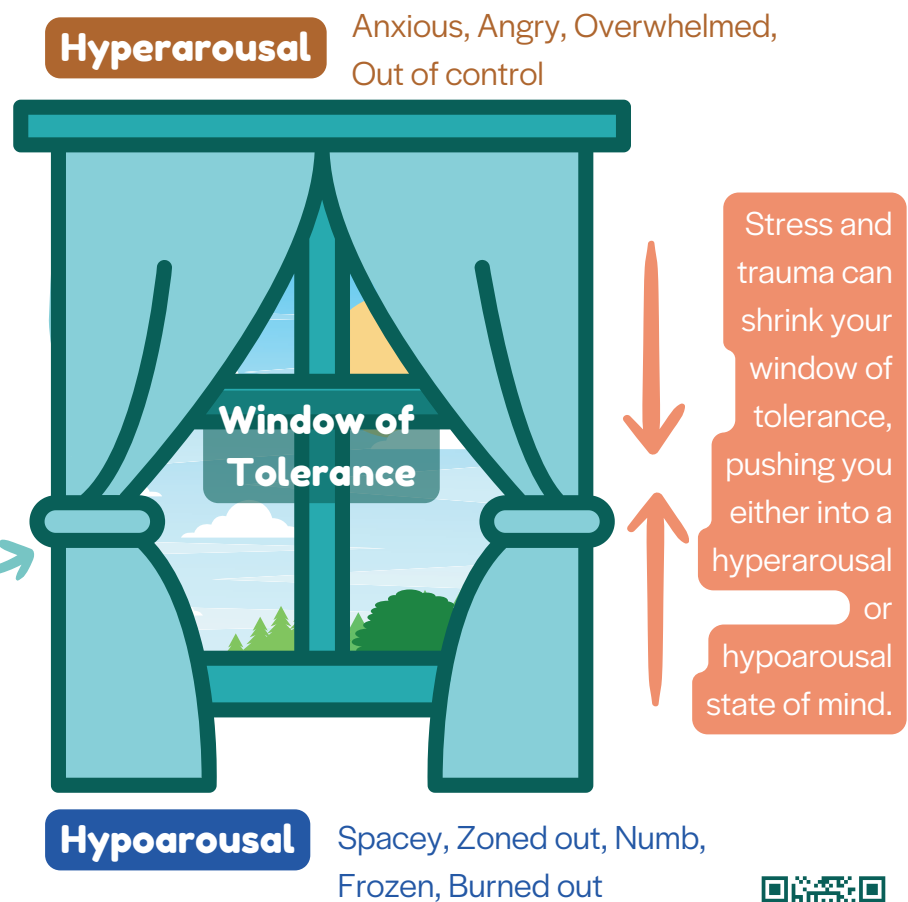
Read more about the model here:

## Window of Tolerance

The window of tolerance is necessary to surpass the safety and security level of Maslow's Hierarchy. When you are not operating within your window of tolerance, you cannot thrive.

The window of tolerance was originally described by Dr. Dan Siegel as the optimal zone of arousal in which a person would be able to function and deal with day-to-day stress most effectively.

Most people can deal with the demands and stress of everyday life without much difficulty. However, for those who have experienced trauma, anxiety, or other mental illness, it can be difficult to stay in your optimal zone.



Read more about the window of tolerance here:

