

What Do We Need?

WHAT ARE BASIC NEEDS?

Needs are essential as we grow.

There are three different types of needs. **Physical (body) needs** come first, followed by **psychosocial needs**, then **spiritual needs**.

WHAT ARE BODILY NEEDS?

Bodily needs are essential for our bodies and must be satisfied before any others are met. Examples of these needs are oxygen, water, food, elimination (e.g., urination), rest, sleep, exercise, sex, and not having pain.

For example: When a person is starving or thirsty, he or she spends time trying to find food or water and may have little energy or time for other needs. If a person cannot get oxygen, immediate action must be taken or that person will die.

WHAT ARE PSYCHOSOCIAL NEEDS?

- **Safety and Security Needs**

We need a place to live to protect us from the outside. We like to feel secure from dangers by being in places we know, where we are used to doing the same things with people we can trust. We feel unsafe when we don't have this.

- **Loving and Belonging**

We need to love and to be loved and to feel that we belong to a group. We feel unhappy when we are separated from our friends and family.

- **Esteem and Recognition**

We have the need for self-esteem, the need to respect oneself and others, and the need to experience success in what we do.

WHAT ARE SPIRITUAL NEEDS?

We often need to have spirituality, religion, or worship in our lives. We need to believe in something beyond ourselves. We consider our relationship with a higher power. We wonder about the meaning of life.

Source: McElmurry, B., Newcomb, B.J., Lowe, A., & Misner, S.M. (1995). *Primary Health Care Curriculum Grade K-8 for Urban School Children*. Chicago: University of Illinois at Chicago, College of Nursing, Global Health Leadership Office.