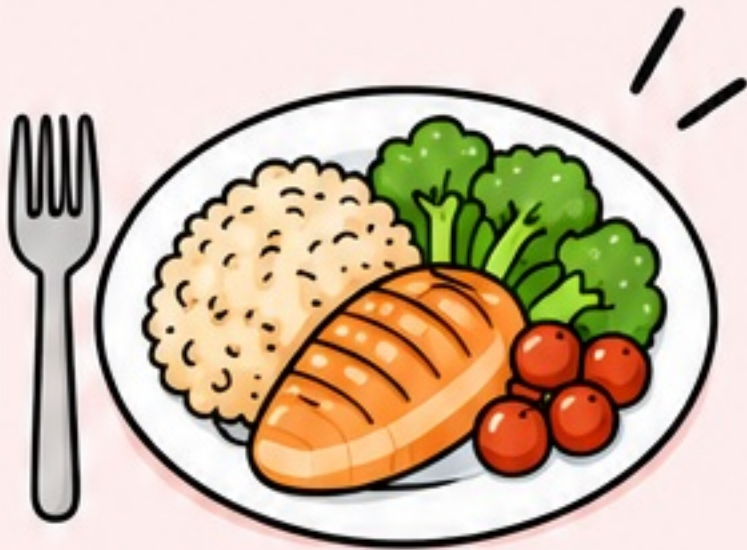


Basic Needs

Not optional. They help you think, feel and function.

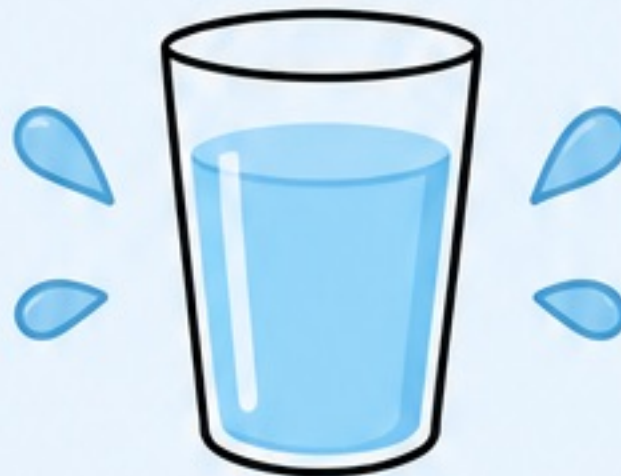
When your basic needs are met, it's easier to focus, manage emotions and cope with everyday life.

Eat



Fuel your body
and brain.

Drink



Keep your body
hydrated.

Shower



Keep yourself clean
and comfortable.

Toilet



Get rid of waste
and stay healthy.

Sleep



Rest your mind
and body.

Small things make a big difference.

Take care of your basic needs, one step at a time.

