

Maslow's Hierarchy of Needs

Maslow's Needs	Motivations	Example of modes	Wellness	Negative consequences
Self-actualization -self affirmation -attainment -fulfillment/meaning -values, beliefs -integrity	Seek stimulation Gain new knowledge Do something different	Hobbies: coin collecting, painting, bird watching, music, philosophizing, reading Showing creativity: arts & crafts	Shows esthetic appreciation (music, art, literature) Seeks expressive, cultural activities Functions to optimum ability Spiritual wellbeing Displays integrity	Growth & development altered Spiritual distress Role performance altered Hopelessness Powerlessness
Self-Esteem -influence -recognition -respect -appreciation -self image -sense of control	Seek professional adjustment	Seminars on advocacy, assertiveness training	Asserts self when needs are ignored Practices rituals and traditions Teaches others Reconfirms values and attitudes Recognizes own contributions Satisfied with decisions	Hopelessness Powerlessness Personal identify disturbance Chronic, low self-esteem Ineffective coping mech. Fear/anxiety
Belonging -contribution -interaction -acceptance -part of a family/group -love and to be loved -family respect	Contribute to society Seek out social interaction	Participate in workshop on peer counselling and leadership	Participates in gp, cultural activities Listens carefully to others Develops at least 1 close relationship Identifies with a cultural group Maintains role in family Accepts life as lived Shares life story with others	Impaired social interaction (isolation) Impaired adjustment Defensive coping At risk for loneliness Altered family processes Chronic sorrow
Safety & security -coping -expresses anxiety & fears -protection -confidence -education	Seek specific information	Self help groups and classes, e.g. coping with widowhood Attends adult basic education classes	Responds to reassurance Attempts to communicate & expresses fears Learns self-protection strategies Learns enough of dominant language for elemental communication Relates events realistically	Chronic confusion Anxiety/fear Altered thought processes Impaired verbal communications
Biological integrity -survival -basic needs: food, shelter, clothing, health care	Change habits of daily living	Takes nutrition and health education courses	Expresses needs Identifies early patterns of sleep and dietary satisfaction Adequate air, fluids, nutrition, elimination, activity, and skin integrity	Impaired verbal communications At risk for injury Failure to thrive Altered health maintenance Self-care deficits