

**HUMAN
NOURISHMENT**

Bodily systems

To protect our health and ensure our survival

Subconscious

To regulate our internal environment and monitor the external environment

unpolluted environment
(air, water, soil, etc.)

to have time alone to think

nutrients (air, water, fats, protein, carbohydrate, vitamins, minerals)

Feelings

To draw our attention to possible unmet needs

Memory

To give us the capacity to learn and improve

to feel our life has some meaning and purpose

rest (to refresh, refuel, repair and rebuild)

Right brain

To see the world as a whole, pattern-match, think metaphorically, get the gist, connect similar experiences

Left brain

To see the world in its component parts, sequence, think logically, analyse, rationalise

a feeling of achievement and competence

physical comfort

Sleep

To refuel, recover, repair, rebuild and refresh physically each day

to feel part of a wider community

movement (exercise)

Imagination

Our internal movie screen, enabling us to escape the present moment, see ourselves in different situations and solve our problems

friendship where we can just be ourselves

to have a sense of control over our life

Dreaming

To discharge incomplete emotional arousal from that day, allowing us to start each new day mentally afresh

to feel acknowledged, valued and respected

to feel safe and secure

Ability to build rapport

As a social animal our survival depends on forming bonds with others

to receive and give attention

Uniqueness

Our own personal set of innate talents, abilities and drivers; inbuilt templates seeking to be fulfilled

Observing self

The ability to step back and be objective about ourselves; see ourselves in the bigger picture