

# PHYSICAL NEEDS

**OXYGENATE    HYDRATION    MOVEMENT    REST    NUTRITION    SHELTER    REJUVENTATION**

METHOD	EX. time in nature	water bottle	walk/yoga/ TOUCH	meditate/sleep	homemade meals	home	sleep/massage/vacation
DAY/TIME	daily	am/mid-day/even	m/w/f at 4pm/ ☺	2pm daily	am/mid-day/even	pm	nightly/weekly/1/4
SUPPORT SYSTEM	with friend	H2O filter / delivery	with friend/ LOVE	boundaries	cook	lease/own	healer/love/source