

Maslow Hierarchy of Needs Assessment

Covid-19 Adaptation

Level 1: Psychological Needs

- Do you have food delivered or do you go out to get it?
- Are you getting enough sleep?
- Are you worried about your mortgage or rent payments?

Level 2: Security needs

- Do have a mask, gloves and/or other personal protection items?
- Are you worried about your employment?
- Are you staying healthy by eating right and exercising?

Level 3: Love and Belonging

- Do you live with a spouse, significant other, family members, or a roommate?
- How often do you talk, face time, Zoom with friends or family?
- Do you give love and support to others in your life?

Level 4: Esteem

- What have you accomplished since the WFH order that you are proud of?
- Have you learned or tried something new?
- Describe what you would like to be valued for.

Level 5: Self Actualization

- What is the highest potential you can achieve under the current circumstances?
- What will you take forward and maintain from this period of time?
- What will your legacy be from this experience?

THINGS I MOST LIKE DOING

Doing by Myself
Indoors Outdoors

Doing with Others
Indoors Outdoors

SIGNS OF TOO MUCH STRESS

Physical

Frequent headaches
Neck or back pain or spasms
Dizziness or lightheadedness
Sweating or clamminess
Frequent infections or colds
Unexplained rashes
Heartburn
Stomach pain or nausea
Constipation or diarrhea
Sudden panic attacks
Shortness of breath
Lack of sexual desire or performance
Increased or decreased appetite
Insomnia or nightmares
Constant tiredness or fatigue

Mental

Excessive anxiety, worry, or guilt
Increased anger or frustration
Depression or wild mood swings
Difficulty concentrating
Trouble learning new information
Forgetfulness or confusion
Feeling overwhelmed
Crying frequently
Feelings of loneliness or worthlessness
Increased irritability or edginess
Difficulty making decisions

Behavioral

Loss of interest in appearance
Nervous habits
Overreaction to petty annoyances
Increased number of minor accidents
Obsessive or compulsive behavior
Reduced work productivity
Lies or excuses to cover up poor work
Rapid or mumbled speech
Excessive defensiveness
Problems communicating
Social withdrawal and isolation
Increased smoking, drinking, or drug-use
Excessive gambling or impulse buying
Weight gain or loss without diet

MANGING STRESS ACTION PLAN

Instructions: Choose your three major work stressors:

List some specific action steps you can take to change the situation or change the way you react.

Stressor #1:

Action steps:

a.

b.

c.

d.

Stressor #2:

Action steps:

a.

b.

c.

d.

Stressor #3:

Action steps:

a.

b.

c.

d.