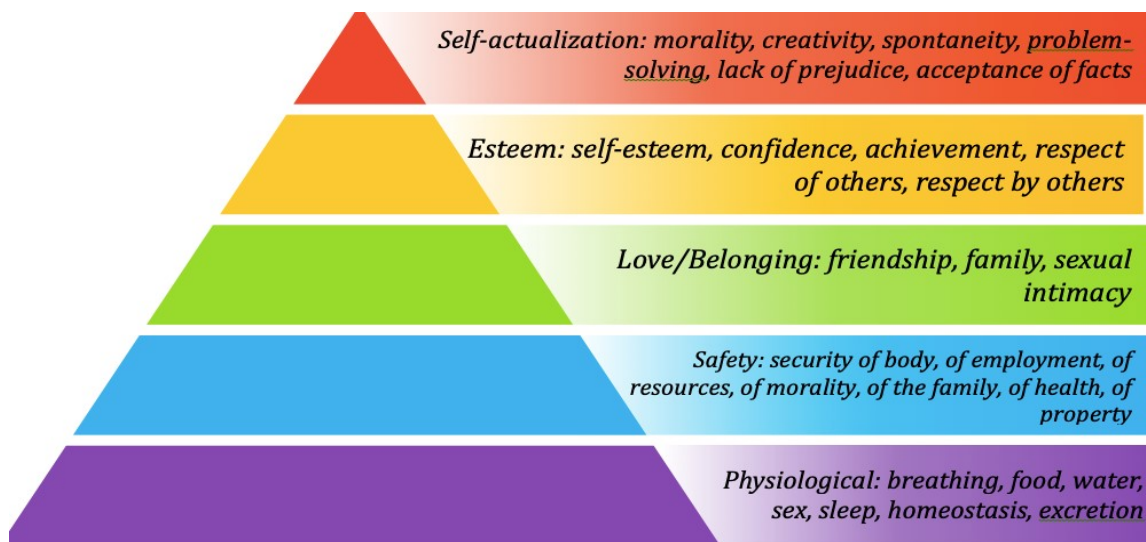


Maslow's Hierarchy of Needs in the Time of Coronavirus

In 1943, psychologist Abraham Maslow presented a theory of understanding human motivation. Maslow's model is conceptualized as a pyramid with five levels which represent five categories of needs, with "higher" needs being dependent on the satisfaction of "lower" needs. Thus, if your "lower" needs are not met, then you are not in a position to work on fulfilling your "higher" needs.

Maslow's hierarchy of needs can help us understand the psychological effects of the coronavirus.



For so many, if not all, of us, the uncertainty of the effects of the coronavirus situation are weighing heavily on our minds. The severity of the current outbreak has knocked many of us to the bottom of the pyramid, regardless of where we may have been just a few weeks ago. For example, you may have been focusing on your needs relating to love, whereas you are now suddenly focused entirely on safety. Such an abrupt and unanticipated change in our basic needs can be extremely stressful.

Your children will be in the same situation. Right now, it may help your child if you focus on developing their feelings of safety and belonging; for example, that they know meals and snacks are readily available, that they are following their usual sleep routine and they have time just to do nice things with the people they love. Home education will happen when you and your children feel you are climbing back up the pyramid—whenever that is right for you!

We hope this angle on the current world situation gives you some pause and help in processing what is going on, and helps you to reflect on how to spend these first days at home.

Be safe. Be well. And don't forget that we are all in this together.