Communities



Presenter: Sophie Balsters

Community and it's history

I will talk about

Communities during COVID-19

My own COVID-19 experience



TO WHICH COMMUNITY DO YOU BELONG?

COMMUNITY

And it's



HISTORY



Self-actualization

desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

Love and belonging

friendship, intimacy, family, sense of connection

Safety needs

personal security, employment, resources, health, property

Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

Maslow's hierarchy of need

Communities during corona





My own COVID-19

experience









Tips that might help you during corona



 Try to set an alarm every morning and go to bed around the same time



 Don't drinkt to much alcohol



Try to stay busy



 Stay connected to friends and family by calling or facetiming



 Try to stay healthy eat your greens and be active



 Be kind to yourself and don't be to harsh in these difficult times