Many of us are familiar with *Maslow’s Hierarchy of Needs*. As humans we strive toward ensuring our basic and psychological needs are met so we can experience self-fulfillment. The building blocks begin with basic needs: food, water, rest (housing), security, and safety. For example, it was estimated in 2018 that 1 in 9 Americans – roughly 37 million people – were food insecure (Coleman-Jensen, 2019). Food insecurity refers to a lack of available financial resources for food at the household level (US Department of Agriculture, 2019). When faced with a life-changing event, such as job loss, divorce, or illness, insecurity around one’s ability to meet their basic needs increases.

https://www.simplypsychology.org/maslow.html

Group Discussion:

List and discuss consequences that often surface when basic needs are not met. Think about how insecurities about basic needs may change over time due to different circumstances.

Group Question:

Consider members of racial and ethnic communities who are disproportionately disadvantaged with respect to access and resources, especially when faced with a global economic crisis. What
practical steps can you take to help identify and proactively work toward meeting the needs of students and co-workers in need?

References:

