

## Addressing Unmet Needs and Wants During Social Distancing

What needs and wants do you have that are not getting met during social distancing?

(An underlying assumption of this survey is that you are getting your medical and physical fitness needs met.)

Please check all that apply.

	Unmet Needs and Wants
	Working with co-workers and customers at the office or business location.
	Travel
	Shopping
	Daily schedule and routine
	Passive interactions with large groups, e.g. being a customer in a full restaurant; being an audience member at a movie, show, or sporting event; learning in a classroom. Other: _____
	Active interactions with large groups, e.g. being with people at business networking events; family gatherings; religious services; community group meetings. Other: _____
	Small group gatherings, e.g. share meals in people's homes or at large tables at restaurants; dinner clubs; book clubs.
	Physical group activities, e.g. playing on a sports team, taking dance lessons, hiking on narrow trails with friends, other: _____
	Seeing people who have groomed and dressed intentionally.
	Grooming and dressing intentionally and being seeing.
	Personal services, e.g. manicure, pedicure, massage, facial.
	Casual physical intimacy, e.g. handshakes, pats on the shoulder, hugs.
	Sexual physical intimacy.
	Acquiring alcohol, marijuana, THC, and/or other substances.
	Using alcohol, marijuana, and/or other substances with others.
	Other:
	Other:
	Other:

Of the unmet wants and needs listed above, which trouble you the most?

Rank order as many as you wish by placing a "1" to the left of the most troubling item on the list, a "2" by the next most troubling, and so on.

What are some benefits for you that are resulting from social distancing?

Please check all that apply.

Benefits	
	Significant work productivity as a result of focused concentration, few interruptions, and no commute.
	Time to learn new knowledge or a new skill.
	Time to work on personal wellness, health, fitness, or weight loss goals.
	Quiet time to reflect on my values and priorities and plan next steps.
	Meeting challenges and solving problems, often on my own.
	Quality time with partner.
	Quality time with children.
	Quality time with family members.
	Quality time with roommate(s).
	Quality time with pet(s).
	Freedom from having to engage in small talk.
	Freedom from having to wear uncomfortable business attire.
	Other:
	Other:
	Other:

Of the benefits listed above, which satisfy you the most?

Rank order as many as you wish by placing a "1" to the left of the most satisfying item on the list, a "2" by the next most troubling, and so on.

*One of the greatest challenges of social distancing—when we have little control or power over external circumstances—is helping ourselves retain a sense of personal power and influence.*

Returning to your list of unmet needs and wants, what might be ways you would be able to get a portion of your top unmet needs and wants met at least some of the time?

Unmet need and/or want	Possible ways to meet it
1.	
2.	
3.	

This content is for informational purposes only and is not a substitute for medical or professional advice. Consult a qualified health care professional for personalized medical and professional advice.