

# Listening To My Body

## Getting To Know My Body Signals

Your body is always talking to you. You deserve support to listen.

This worksheet can help you notice, understand and respond to the signals from inside your body. There are no right or wrong answers - everyone's body is different. ♥

### 1 SOMETIMES MY BODY LETS ME KNOW THINGS BY...

(Tick or add your own)

-  Feeling tired
-  Getting headaches
-  Feeling shaky
-  Feeling overwhelmed
-  Feeling hungry suddenly
-  Feeling restless
-  Feeling emotional
-  Other: \_\_\_\_\_

♥ Everyone experiences body signals differently.

### 2 THINGS I SOMETIMES FORGET TO NOTICE

(Tick or add your own)

-  Drinking water
-  Eating regularly
-  Resting
-  Taking breaks
-  Going to the toilet
-  Moving my body
-  My emotions
- Other: \_\_\_\_\_

Small things are easy to miss, but they can make a BIG difference to how we feel.



### 3 SIGNS MY BODY MIGHT NEED SUPPORT

When I notice the signs early, I can support myself before I feel too overwhelmed. ♥

My body might feel...	Something that may help







### 4 GENTLE CHECK-IN QUESTIONS

-  Have I eaten recently?
-  Do I need rest?
-  Do I need movement?
-  Am I too hot or cold?
-  What feels uncomfortable right now?
-  What helps me feel safe?

It's okay if the answers change every day. ♥

### 5 THINGS THAT HELP MY BODY FEEL CALMER OR SAFER (Tick or add your own)

-  Headphones or music
-  Weighted blanket
-  Movement or stretching
-  Quiet space
-  Deep pressure
-  Snacks or favourite drink
-  Sensory tools
-  Other: \_\_\_\_\_

My own ideas: \_\_\_\_\_ ♥

### 6 A GENTLE REMINDER ♥

Learning body signals takes time. Small check-ins can make a big difference. My body deserves care, support and patience. ♥



I am learning and that is something to be proud of. ♥

