



Listening To My Body

Understanding Interoception

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



Interoception is our ability to notice, understand and make sense of signals from inside our body.

WHAT MIGHT INTEROCEPTION HELP US NOTICE?



Hunger



Thirst



Tiredness



Needing the toilet



Feeling too hot or too cold



Emotions in the body



Stress or overwhelm

SOMETIMES BODY SIGNALS CAN FEEL...

- Very quiet
- Delayed
- Confusing
- Overwhelming
- Easy to miss

And that's okay. Everyone experiences their body differently.

THIS MIGHT LOOK LIKE...



Forgetting to drink until you get a headache.



Not noticing hunger until you suddenly feel starving.



Realising you're exhausted only when it's too late.



Struggling to notice or understand your emotions.



Ignoring the need for rest until you feel overwhelmed.



Pushing through discomfort until your body says "enough".

GENTLE WAYS TO SUPPORT MY BODY



Regular drink reminders.



Easy access to snacks that support your energy.



Gentle body check-ins throughout the day.



Comfort breaks and sensory support.



Noticing patterns and what helps your body.



Rest when you can.



Be kind and patient with yourself.

IMPORTANT TO REMEMBER

- There is no "right" or "wrong" way to experience your body.
- Learning body signals can take time.
- Your body is not broken – it is doing its best to keep you safe.
- You deserve support, understanding and compassion.
- Small steps can make a big difference.



SOME GENTLE CHECK-IN QUESTIONS

- Have I had something to eat and drink today?
- How is my energy right now?
- What does my body need at this moment?
- Do I need movement, rest, comfort, connection or quiet?



Your body is always communicating with you. The more we listen, the more we can support our wellbeing.