

Understanding My Body's Signals

Learning your own body signals can build awareness and help you respond earlier.

How does my body tell me I am tired?

How does it tell me I am stressed?

How do I recognise hunger or thirst?

What tells me I need movement?

What tells me I need rest?

Are there signals I tend to ignore?

Which signals are difficult to interpret?

One body signal I want to notice more gently is...
