

MIND • BODY • FOOD

NOTICE THE PATTERN

Stress and My Appetite

Notice how stress may increase, reduce or change appetite

Stress can affect appetite in different ways. Some people feel less hungry, others seek more food, and the same person may respond differently at different times. Recording the experience supports understanding rather than judgement.

Space to Breathe Therapy

Why noticing patterns can help

Stress can affect appetite in different ways. Some people feel less hungry, others seek more food, and the same person may respond differently at different times. Recording the experience supports understanding rather than judgement.

What this exercise can offer

- A record made close to the moment, rather than relying on memory alone.
- A way to notice repetition, variation and exceptions across several days.
- Useful information for choosing practical support or discussing concerns with a professional.

Observe without judging

The tracker is not a test and does not need perfect numbers. Approximate ratings and short notes are enough. Patterns are clues for reflection, not proof of cause.

How to use this tracker

- 1 Complete a quick check-in during several periods of stress.
- 2 Notice appetite and hunger cues without forcing an explanation.
- 3 Record whether eating felt easier or harder.
- 4 Look back for repeated responses and exceptions.

When you look back

Ask what tends to happen together, what is different on easier days, and where a small adjustment or extra support might help. Keep alternative explanations in mind and avoid changing several things at once if you want to understand a pattern.

Your pattern tracker

Stress 0 to 10

Appetite low usual or high

Hunger cues clear subtle or hard to notice

Eating feels easy neutral or difficult

What was happening

Important context

Stress does not create one universal appetite response. Your own pattern may change with context.