

MIND • BODY • FOOD

NOTICE THE PATTERN

Mood and Hunger

Explore whether mood changes appear more often when hunger is present

Hunger does not always feel like a stomach sensation. Irritability, anxiety, low mood, tearfulness or emotional sensitivity may sometimes appear as energy falls. Tracking can help distinguish a possible pattern from an assumption.

Space to Breathe Therapy

Why noticing patterns can help

Hunger does not always feel like a stomach sensation. Irritability, anxiety, low mood, tearfulness or emotional sensitivity may sometimes appear as energy falls. Tracking can help distinguish a possible pattern from an assumption.

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 Check in when you notice a change in mood.
- 2 Record hunger, energy and time since eating.
- 3 If you eat, notice what changes and what does not.
- 4 Review several occasions for recurring patterns.

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

Hunger 0 to 10

Mood words

Energy 0 to 10

Body sensations

When I last ate

What changed after nourishment

Important context

Emotions have many causes. Hunger may be one influence, not an explanation for every feeling.