

MIND • BODY • FOOD

BODY CHECK-IN

Can I Feel My Body's Signals?

A gentle introduction to noticing internal body cues

Body signals can be clear, faint, delayed or difficult to identify.
This check-in offers a quiet moment to notice what is present without forcing an answer.

Space to Breathe Therapy

Understanding this check-in

Body signals can be clear, faint, delayed or difficult to identify. This check-in offers a quiet moment to notice what is present without forcing an answer.

What may be happening

- Interoception is the sense that helps us notice signals from inside the body.
- Stress, neurodivergence, illness, medication and attention can all affect how signals are experienced.
- “Unsure” is a useful answer. Noticing uncertainty is still noticing.

A low-pressure approach

Pause without trying too hard. Notice what is present, choose “unsure” whenever that fits, and let the answer be information rather than a judgement. You can stop or adapt the exercise at any time.

Try this

A short body check-in

- 1 Pause in a position that feels supported.
- 2 Notice hunger, thirst, fullness, tiredness, tension and temperature.
- 3 For each signal, choose yes, no or unsure.
- 4 Write down one signal that feels clearest today.

Notice, do not test yourself

There is no correct sensation, score or response. Your body may communicate differently at different times. Record what you notice and leave space for uncertainty.

Your Body Check-in

Hunger: yes / no / unsure

Thirst: yes / no / unsure

Fullness: yes / no / unsure

Tiredness: yes / no / unsure

Tension or temperature

The clearest signal today

A supportive reminder

You do not need to make your body speak more loudly. Regular, low-pressure check-ins can help you learn how your own signals tend to appear.