

MIND • BODY • FOOD

BODY CHECK-IN

What Is My Appetite Like Today?

Notice appetite without labelling it good or bad

Appetite naturally changes. A brief check-in can help you recognise what today may require, especially when appetite and hunger do not seem to match.

Space to Breathe Therapy

Understanding this check-in

Appetite naturally changes. A brief check-in can help you recognise what today may require, especially when appetite and hunger do not seem to match.

What may be happening

- Appetite is the desire or willingness to eat; it is not identical to physical hunger.
- Sleep, stress, mood, activity, medication and physical health can influence appetite.
- A low or high appetite is information, not a personal success or failure.

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 Choose the description closest to today: very low, low, usual, high or very high.
- 2 Think about sleep, stress, mood, activity and physical health.
- 3 Notice whether appetite changes across the day.
- 4 Choose one supportive response that feels realistic.

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

My appetite today

Sleep and energy

Stress or mood

Activity or physical health

A supportive response

What changed later

A supportive reminder

You may still need nourishment when appetite is low. Persistent or concerning changes in appetite are worth discussing with an appropriate healthcare professional.