

MIND • BODY • FOOD

BODY CHECK-IN

How Does My Body Feel Before Eating?

A twenty-second check-in before and after food

Checking in around a meal or snack can reveal how nourishment affects energy, mood, concentration and comfort. The purpose is to learn, not to eat “correctly”.

Space to Breathe Therapy

Understanding this check-in

Checking in around a meal or snack can reveal how nourishment affects energy, mood, concentration and comfort. The purpose is to learn, not to eat “correctly”.

What may be happening

- Body cues may become easier to recognise when compared before and after eating.
- Changes can be subtle, delayed or different from one day to the next.
- The exercise is about curiosity, not controlling the amount eaten.

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 Before eating, pause for about twenty seconds.
- 2 Rate hunger, energy, mood and concentration from 0 to 10.
- 3 Eat in the way that feels manageable.
- 4 Check the same areas afterwards and notice what changed.

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 before /10

Energy before /10

Mood and concentration before

Hunger after /10

Energy after /10

What I learned

A supportive reminder

There is no required change and no correct score. Distraction or routine may help you eat, so keep any supports that make nourishment more possible.