

MIND • BODY • FOOD

BODY CHECK-IN

What Does My Body Need?

Turn a body check-in into one manageable response

Different needs can feel similar. Pausing to name a possible need may make the next step clearer without requiring certainty or a perfect solution.

Space to Breathe Therapy

Understanding this check-in

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What may be happening

- Food, water, rest, movement, temperature and stimulation can all affect how the body feels.
- More than one need can be present at the same time.
- A small response can be enough for this moment.

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 and notice the strongest sensation or difficulty.
- 2 Consider food, water, rest, movement, warmth or cooling, and quiet.
- 3 Choose the need that seems most likely or most urgent.
- 4 Take one small, accessible step and notice the effect.

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

Food

Water

Rest or movement

Warmth or cooling

Quiet or less stimulation

One need I can respond to now

A supportive reminder

If you are unsure, choose the safest and simplest supportive action available.
Urgent, severe or unusual symptoms need appropriate medical help.