

MIND • BODY • FOOD

BODY CHECK-IN

What Does My Stomach Feel Like?

Describe stomach sensations without trying to diagnose them

Stomach sensations can provide useful clues, but they are not always easy to name. This exercise uses simple descriptive words to build awareness without jumping to conclusions.

Space to Breathe Therapy

Understanding this check-in

Stomach sensations can provide useful clues, but they are not always easy to name. This exercise uses simple descriptive words to build awareness without jumping to conclusions.

What may be happening

- Sensations may include empty, comfortable, full, bloated, tight, gassy, nauseous or unsettled.
- Stress, digestion, hunger, illness and many other factors can overlap.
- Description is different from diagnosis.

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 Place attention around your stomach without pressing or straining.
- 2 Choose one or more words that fit the sensation.
- 3 Note when you first noticed it and whether it changes.
- 4 Record what helps you feel supported or comfortable.

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

Comfortable / empty / full

Bloated / tight / gassy

Nauseous / unsettled

Other words

When I first noticed it

What changed or helped

A supportive reminder

This page helps gather information; it cannot identify the cause. Seek medical advice for severe, persistent or worrying pain, vomiting, swelling or other symptoms.