

**MIND • BODY • FOOD**

**BODY CHECK-IN**

# **Where Is My Energy Right Now?**

Explore what may be contributing to your current energy

Low or changing energy can have many causes. A short check-in can help you notice patterns without expecting yourself to fix everything immediately.

**Space to Breathe Therapy**

## Understanding this check-in

Low or changing energy can have many causes. A short check-in can help you notice patterns without expecting yourself to fix everything immediately.

### What may be happening

- Food, fluids, sleep, health, stress and activity can all influence energy.
- Energy may change before hunger or thirst feels obvious.
- The goal is to identify possible contributors, not blame yourself.

### 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 Rate your energy from 0 to 10.
- 2 Recall when you last ate and drank.
- 3 Consider sleep, physical health and how demanding the day has been.
- 4 Choose one gentle response if one feels available.

### 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

**Energy right now /10**

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**When I last ate**

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**When I last drank**

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**Sleep or physical health**

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**Demands on me today**

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**One supportive next step**

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### A supportive reminder

Rest and accessible nourishment both count as responses. Sudden, severe or persistent fatigue deserves assessment by an appropriate healthcare professional.