

MIND • BODY • FOOD

BODY CHECK-IN

Am I Thirsty?

Look for early and less obvious signs of thirst

Thirst is sometimes obvious and sometimes noticed only after concentration, discomfort or fatigue changes. This check-in helps you learn your earliest signals.

Space to Breathe Therapy

Understanding this check-in

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What may be happening

- A dry mouth or feeling thirsty are common cues, but headache and reduced concentration may also be noticed.
- Busy attention can delay awareness of drinking needs.
- Medical conditions and prescribed fluid limits change what is appropriate.

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 Notice your mouth, head, energy and concentration.
- 2 Think about when you last had a drink.
- 3 Rate thirst from 0 to 10, or choose unsure.
- 4 If appropriate for you, make an acceptable drink visible and accessible.

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

Dry mouth

Headache or concentration

When I last drank

Thirst /10 or unsure

An acceptable drink

My earliest signal

A supportive reminder

Follow individual medical advice if you have a fluid restriction or a condition affecting hydration. Seek help for symptoms of significant dehydration or sudden illness.