

MIND • BODY • FOOD

BODY SIGNALS & SYMPTOMS

I Feel Dizzy or Light-headed

Pause, protect your safety and notice the context

Dizziness or light-headedness can have many causes. The immediate priority is to reduce the risk of falling and recognise when medical help is needed.

Space to Breathe Therapy

What could my body be telling me?

Dizziness or light-headedness can have many causes. The immediate priority is to reduce the risk of falling and recognise when medical help is needed.

Possible contributors

- Dehydration, low food intake or standing up quickly
- Heat, anxiety, illness or medication effects
- Anaemia, blood-pressure changes or another health condition

Look for patterns, not one explanation

Body sensations often have several possible causes. Consider timing, repetition, associated symptoms and what is different from your usual pattern. This resource supports reflection; it does not diagnose.

A practical response

Pause, notice and respond

- 1 Sit or lie down safely and avoid driving or using machinery.
- 2 Notice when it began and what you were doing.
- 3 Consider recent food, fluids, heat, illness and medication.
- 4 Record associated symptoms and seek advice when appropriate.

Use the information safely

Notice whether the symptom is new, severe, persistent or affecting daily life.
Use appropriate professional support rather than making major changes to food, medication or treatment by yourself.

Your symptom reflection

When it started

What I was doing

Food and fluids today

Other symptoms

What helped

Who I will contact if needed

When to seek support

Seek urgent medical help for severe or sudden dizziness with chest pain, fainting, weakness on one side, trouble speaking, a new severe headache or difficulty walking.