

MIND • BODY • FOOD

BODY SIGNALS & SYMPTOMS

I Don't Feel Hungry

Support nourishment when appetite cues are quiet

Not feeling hungry does not always mean the body does not need food. Appetite and hunger cues can become quiet, delayed or hard to interpret.

Space to Breathe Therapy

What could my body be telling me?

Not feeling hungry does not always mean the body does not need food. Appetite and hunger cues can become quiet, delayed or hard to interpret.

Possible contributors

- Stress, anxiety, low mood or sensory overwhelm
- Illness, pain, medication or digestive discomfort
- Poor sleep, changes in routine or prolonged restriction

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 Notice when you last ate without waiting for strong hunger.
- 2 Choose a familiar, manageable food or nourishing drink.
- 3 Reduce preparation and sensory demands where possible.
- 4 Check energy, concentration and comfort after eating.

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 I last ate

Appetite today /10

A manageable option

Sensory or practical barriers

Support I can use

What I noticed after eating

When to seek support

Persistent appetite loss, unplanned weight loss, dehydration or difficulty maintaining intake needs professional support. Urgent symptoms require prompt medical help.