

MIND • BODY • FOOD

BODY SIGNALS & SYMPTOMS

I Feel Shaky or Weak

Respond early and consider whether assessment is needed

Feeling shaky or weak can be unsettling, particularly when it appears suddenly. Move to safety first and take the symptoms seriously.

Space to Breathe Therapy

What could my body be telling me?

Feeling shaky or weak can be unsettling, particularly when it appears suddenly. Move to safety first and take the symptoms seriously.

Possible contributors

- A long time without food, not eating enough or dehydration
- Anxiety, adrenaline, caffeine or another stimulant
- Medication effects, blood-sugar 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 somewhere safe.
- 2 Note when symptoms began and any other warning signs.
- 3 Consider recent food, fluids, exertion, caffeine and medication.
- 4 If safe and appropriate, respond to possible food or fluid needs and reassess.

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

Food and drink today

Activity, caffeine or medication

Other symptoms

What I tried

Did it improve?

When to seek support

Seek urgent help for severe weakness, fainting, confusion, chest pain, breathing difficulty, one-sided weakness or symptoms that do not improve. Follow your diabetes care plan if applicable.