

MIND • BODY • FOOD

BODY SIGNALS & SYMPTOMS

I Feel Bloating

Notice timing and patterns without blaming individual foods

Bloating is extremely common and can happen for many reasons. One episode rarely identifies a cause, so patterns over time are more useful.

Space to Breathe Therapy

What could my body be telling me?

Bloating is extremely common and can happen for many reasons. One episode rarely identifies a cause, so patterns over time are more useful.

Possible contributors

- Gas produced during digestion or swallowing air
- Constipation, eating quickly, changes in fibre or meal pattern
- Hormonal changes, food intolerance, illness or another 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 Describe the sensation and when it began.
- 2 Note meals, bowel pattern, menstrual cycle, stress and speed of eating.
- 3 Avoid removing many foods based on one episode.
- 4 Use comfort measures that are safe for you and seek advice if persistent.

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

How it feels

Meals and drinks

Bowel pattern

Cycle, stress or routine

What helped

When to seek support

Seek urgent help for severe or sudden pain, persistent vomiting, marked swelling, blood in stool, fever or inability to pass stool or wind. Ongoing bloating deserves assessment.