

MIND • BODY • FOOD

BODY CHECK-IN

Am I Hungry?

Recognise the different ways hunger may appear

Hunger does not feel the same for everyone. It can appear through the stomach, thoughts, energy, mood, concentration or physical shakiness.

Space to Breathe Therapy

Understanding this check-in

Hunger does not feel the same for everyone. It can appear through the stomach, thoughts, energy, mood, concentration or physical shakiness.

What may be happening

- Possible cues include emptiness, rumbling, food thoughts, irritability, low energy or difficulty concentrating.
- Signals can be faint, delayed or masked by stress and activity.
- There is no single right way to experience hunger.

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 Pause and scan for stomach, thought, mood and energy cues.
- 2 Notice shakiness or weakness without waiting for symptoms to become intense.
- 3 Rate hunger from 0 to 10, or choose unsure.
- 4 Consider one food or drink that is accessible now.

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

Empty or rumbling stomach

Thoughts about food

Energy or concentration

Mood or irritability

Shaky or weak

Hunger /10 or unsure

A supportive reminder

You are allowed to eat without proving that you are hungry enough. If eating or recognising hunger is persistently difficult, personalised support may help.