1

My Food & Feelings Check-In

Noticing experiences without judgement

How am I feeling today?

Choose words or add your own: calm / anxious / tired / sad / content.

What has eating felt like?

There is no right answer. Consider comfort, appetite and energy.

What helps me feel settled?

Think about places, people, routines or familiar foods.

One thing I want to remember

Feelings can change; eating experiences can change too.

2

My Comfort & Sensory Map

Understanding what makes food feel manageable

Taste & texture

What feels familiar?

Smell & temperature

What feels comfortable?

Environment

Where do I feel at ease?

Predictability

What helps me feel prepared?

My most reliable comforts

Which of these supports would I like to keep available?

3

When Feelings Affect Eating

Exploring patterns with curiosity

A pattern is a clue, not a rule. You can leave any section blank.

When I feel overwhelmed...

Eating may feel...

When I feel low or tired...

Eating may feel...

When I feel calmer...

Eating may feel...

What have I noticed?

My experiences are valid, even when they are inconsistent.

4

My Comfort & Nourishment Toolkit

Practical options for difficult moments

Familiar food options

Foods I can usually manage

Low-effort support

What reduces preparation demands?

Comfortable surroundings

Light, noise, company or timing

People and practical help

Who can support without pressure?

5

My Personal Comfort Plan

A flexible plan that can change with me

Foods and drinks that feel reliable

What would I like to keep accessible?

When eating feels difficult, I can...

Small, realistic options are enough.

Support I would welcome

How could someone help without adding pressure?

My next manageable step

One gentle action, or a reminder to rest.