LOOKING AFTER MY BODY

A kinder approach to body care

Five practical areas of support - without pressure or perfection

Looking after your body is not about appearance, weight or doing everything perfectly. It is about noticing your needs and making care more accessible, manageable and compassionate.

1 Notice	Check in with sensations, comfort, pain and energy.
2 Nourish	Find food and drink options that are safe and accessible for you.
3 Move or rest	Choose comfortable movement, stillness or recovery according to capacity.
4 Soothe	Reduce sensory stress and support physical comfort.
5 Connect	Ask for care, adjustments or professional advice when needed.

BODY CARE IS FLEXIBLE

Needs change from day to day. A small supportive action counts. Rest, access needs and medical guidance are part of body care, not obstacles to it.

Reflect:

Which of the five areas feels most supportive to explore first? What would make it easier?

Worksheet 1 - Notice My Needs

Recognise body signals without judging them

Some signals are clear; others are subtle or difficult to interpret. You can use words, symbols or short notes. Skip anything that feels uncomfortable.

What is my body telling me?

Consider energy, tension, pain, comfort, temperature or sensory needs.

What makes signals harder to notice?

For example: busy days, stress, masking, distraction or changes in routine.

What helps me check in gently?

Consider a reminder, quiet pause, body scan alternative or support person.

One need I can respond to today

Choose one realistic need; it is fine if the answer is rest.

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Worksheet 2 - Nourish & Comfort

Support your body in ways that suit you

Food, hydration, sleep and comfort needs differ. Allergies, ARFID, sensory preferences, illness and access barriers can affect what is possible. Choose safe options, not idealised rules.

What feels safe and manageable?

Think about foods, drinks, textures, routines or sources of support.

What affects my comfort?

Consider temperature, clothing, seating, lighting, sound or physical symptoms.

What helps me recover?

Explore rest, sleep routines, pacing or low-demand time.

One small adjustment

What would make nourishment or comfort more accessible this week?

Worksheet 3 - Movement, Rest & Support

Find an approach that respects your capacity

Movement is optional and can include stretching, changing position or everyday activity. Rest is equally valid. Follow clinical advice and avoid activities that aggravate symptoms.

What does my energy look like today?

Notice whether capacity is steady, fluctuating or low.

What movement or rest feels supportive?

Include seated, gentle or no-movement options.

What barriers need addressing?

Think about pain, fatigue, sensory needs, time, equipment or accessibility.

Who or what could help?

Identify an adjustment, trusted person or healthcare professional.

Worksheet 4 - My Body Care Plan

A flexible plan for ordinary and difficult days

Choose small steps that are kind, realistic and adaptable. You can change this plan whenever your needs change.

My early signs that I need care

What do I notice in my body, emotions or everyday functioning?

On an ordinary day, I can...

Choose one or two simple, accessible actions.

On a difficult day, I can...

Plan a lower-demand option, including rest and asking for help.

My support and adjustments

What support, information or practical change might help?

A reminder to myself:

My body deserves care at every level of capacity. I do not need to earn rest.