Understanding My Gut-Brain Connection

Notice how digestion, feelings and everyday experiences may interact.

The gut and brain communicate in both directions

Stress and emotions can influence digestion, while gut discomfort can affect how we feel. Experiences vary, and not every symptom is caused by stress.

Gut and digestion < > **Brain and mood**

Experiences I might notice

- [ ] Changes in appetite
- [ ] Changes in bowel habits
- [ ] Low energy
- [ ] Stomach discomfort
- [ ] Feeling tense or worried
- [ ] Changes in concentration

What have I noticed about my digestion and how I feel?

A gentle reminder

Patterns can offer clues, but they are not a diagnosis.

My Gut-Brain Check-In

Reflect on patterns without needing to track everything perfectly.

My digestive experiences

What sensations or changes have I noticed?

My mood and stress

How have I been feeling emotionally?

Energy, sleep and concentration

What else has been happening for me?

Context and daily experiences

Are routines, environments or timing relevant?

Notice without judgement

One experience does not always mean there is a pattern.

Triggers & Helpful Supports

Consider possible influences and what helps you feel more comfortable.

Things that may influence my comfort

- [ ] Busy or stressful days
- [ ] Changes in routine
- [ ] Sensory overwhelm
- [ ] Sleep or tiredness
- [ ] Certain foods or drinks
- [ ] Illness or medication
- [ ] Eating environment
- [ ] Uncertain or mixed factors

Situations I have noticed

When does discomfort seem more or less likely?

What has helped before?

Comfort, rest, routines or practical support.

What would I like to understand or discuss further?

A balanced approach

Avoid assuming that every symptom has a single cause.

My Wellbeing Toolkit

Choose flexible strategies that suit your needs and circumstances.

Support ideas I might want to try

- [ ] Comfortable routines

  Allow time and flexibility around eating and rest.

- [ ] Food and sensory comfort

  Keep familiar options and preferred textures available.

- [ ] Gentle movement or rest

  Choose what feels appropriate for my body.

- [ ] Stress support

  Try calming activities or ask for emotional support.

- [ ] Practical help

  Seek support with planning, preparation or appointments.

Which ideas feel realistic or useful for me?

Choose what fits

You can adapt, pause or ignore suggestions based on your needs.

My Personal Gut-Brain Plan

Bring together your observations and supportive next steps.

Use this page as a flexible reference. You can type in the spaces or print it.

What I notice

Digestive sensations, mood or other signals

Possible influences

Situations, patterns or changes I have noticed

What helps me feel comfortable

Food, rest, environment or helpful routines

Support I might need

People, adjustments or questions for a professional

My next gentle step

One small, manageable thing I might try

A gentle reminder

Persistent, severe or concerning symptoms deserve medical advice.