

How is my body feeling right now?

How to use this tool

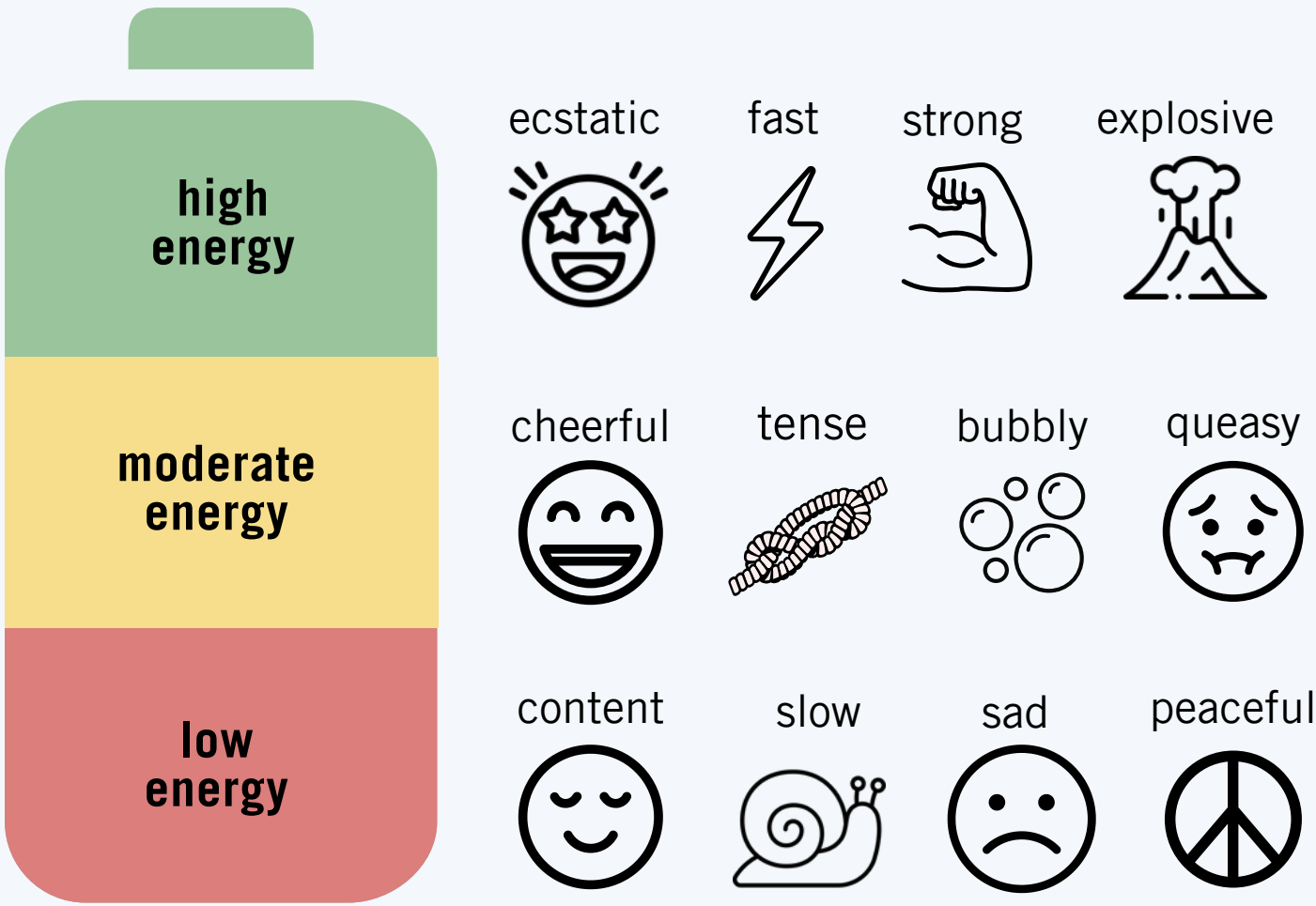
Use the following set of guiding questions to:

- help you figure out what your body needs right now
- communicate these needs to someone else
- ground yourself in how you are feeling, emotionally and physically

TIP: take what resonates with you, and leave what doesn't. We're all unique, so not every tool will be equally useful for everyone!

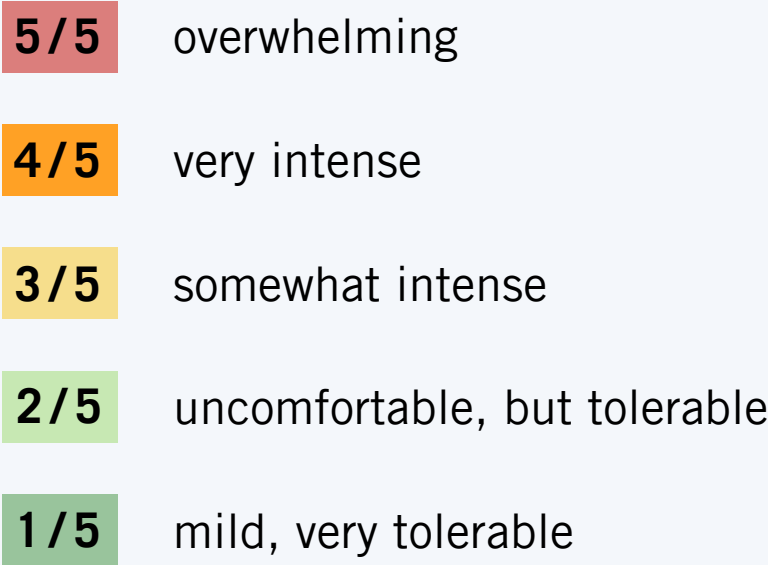
1) How can I describe the emotions and sensations in my body right now?

Just like a battery, your body and mind have energy levels that change throughout the day. For neurodivergent people, tuning into these changes can be more complicated than simply asking “am I hungry?” This is why checking your “feelings battery” can help. You can feel “positive feelings” such as happiness at a low energy level, and “negative feelings” such as sadness at a high energy level. There are no rules — just awareness.

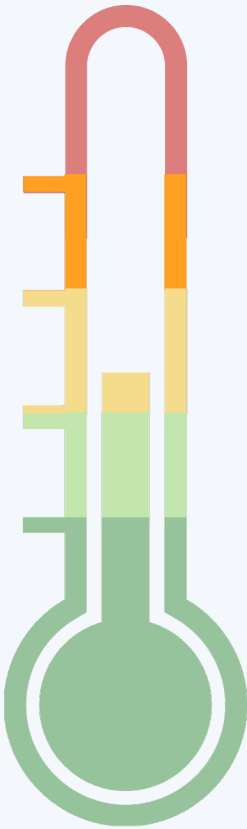


2) How intense are these emotions and sensations in my body right now?

Intensity thermometer

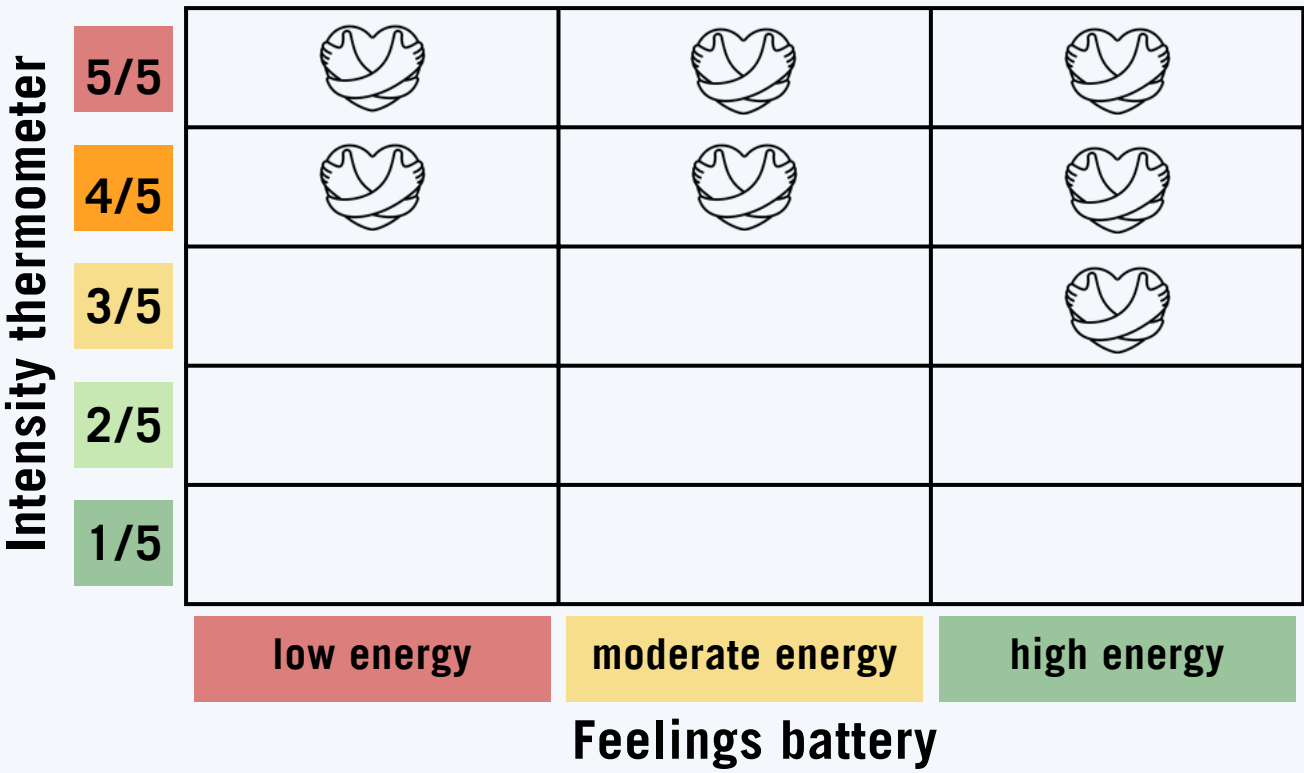


TIP: You can also create your own intensity thermometer and use words that resonate with you for each intensity level.



3) Do I fall into a “self-care zone” on the chart below?

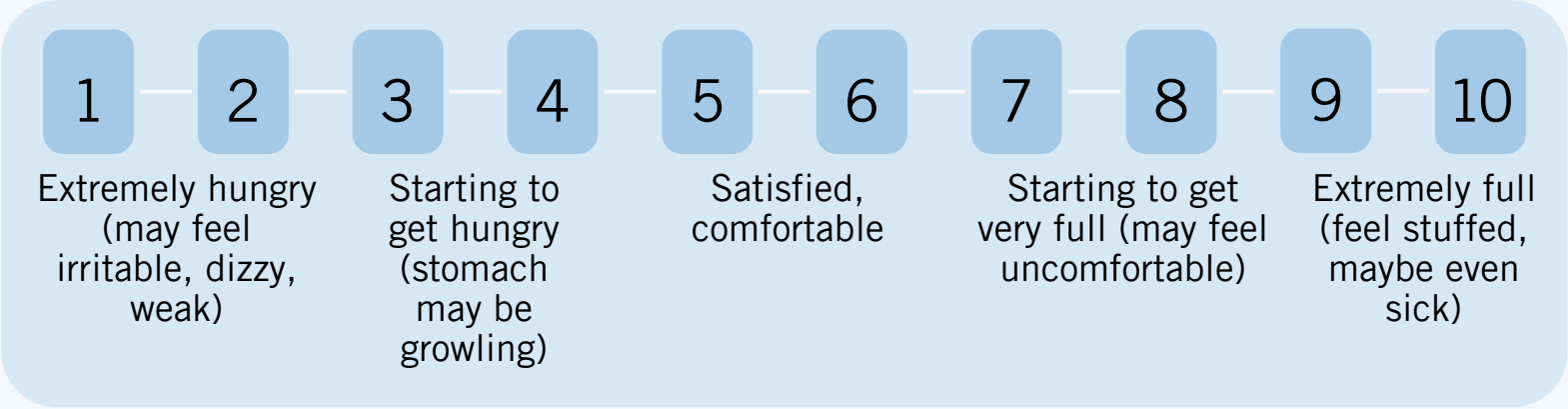
When we’re feeling “big feelings”, we sometimes might forget the importance of caring for ourselves. **“Self-care zones” are marked by hearts with arms wrapped around them in a hug.** If you find yourself in a “self-care zone” based on how you described your feelings, it may be a sign that you need to pause and continue checking in with your body. This could mean nourishing yourself with food, or tending to yourself in some other way.



TIP: As you learn what your body needs, you may find that your own “self-care zones” don’t align with this chart. In that case, you can make your own chart and mark down where you feel your “self-care zones” are. You may also prefer different labels, like “wobbly zones” or “dysregulation zones”. Use the language that feels right for you.

4) How else can I identify my self-care zones?

If the chart doesn’t resonate with you, that’s okay! You can also check in with your body using a **hunger-fullness scale**.



You may also find a more qualitative approach suits you, such as using words to describe your hunger. Possible descriptions include:

- snack-hungry
 - meal-hungry
 - peckish
 - empty
- ravenous
 - ready to eat
 - taste-hungry
 - satisfied
- not hungry but not full
 - not interested in eating more

5) Creating a nourishing eating experience: this or that?

Our bodies may need a variety of things when we enter a “self-care zone”. These could include a nourishing meal and comforting eating environment. The simple tool below can help you create an eating experience that feels safe and supportive — for yourself, or a loved one.

What do I need from my food?

crunchy	smooth	familiar	hot	strong flavour
OR	OR	OR	OR	OR
squishy	textured	new	cold	mild flavour

What do I need from my environment?

noise	company	home	distractions	more time
OR	OR	OR	OR	OR
quiet	aloneness	away	focus	less time