

How is my body feeling right now?

How to use this tool

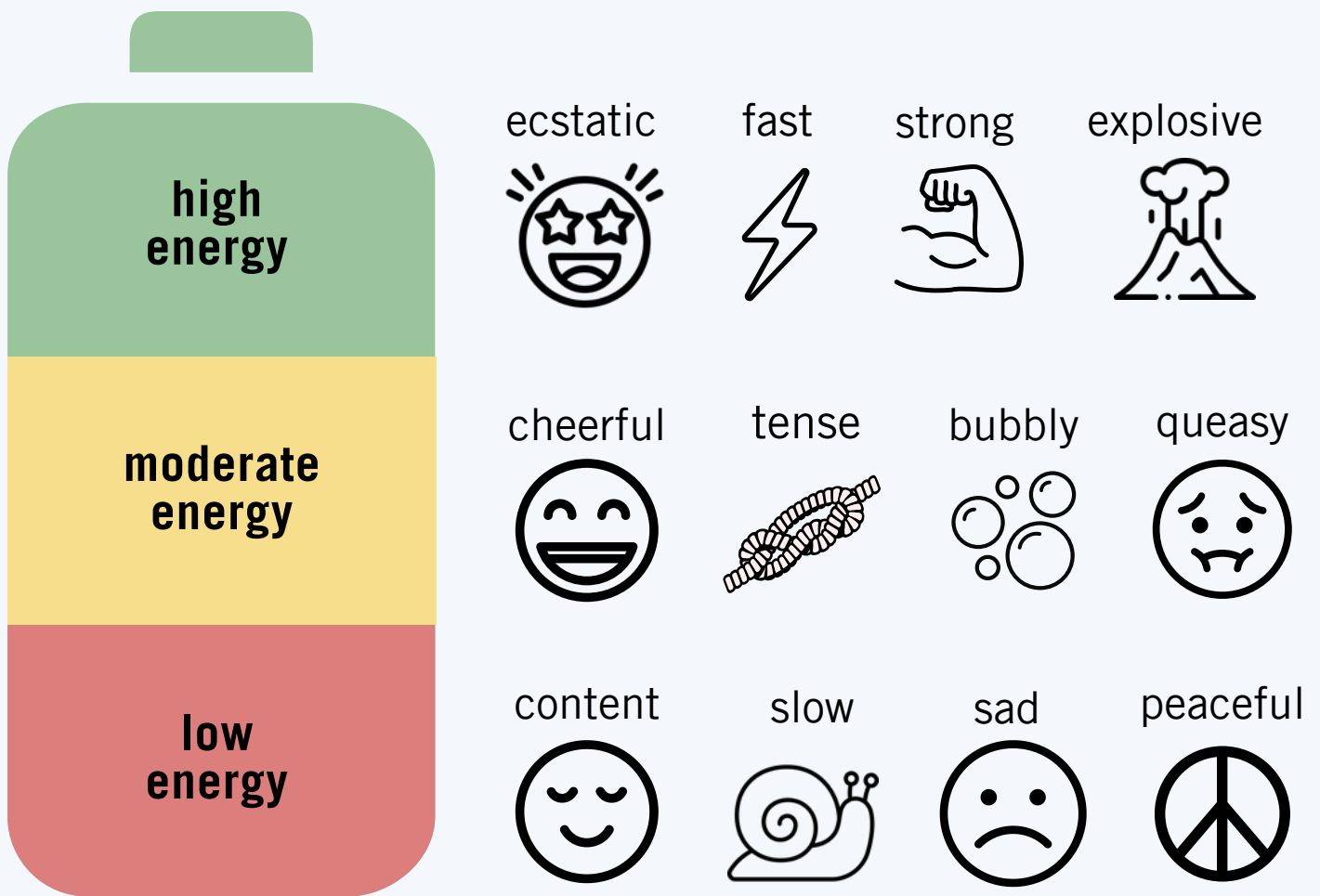
Use the following set of guiding questions to:

- 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

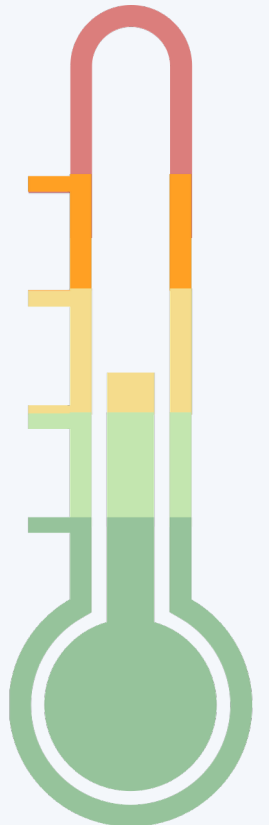
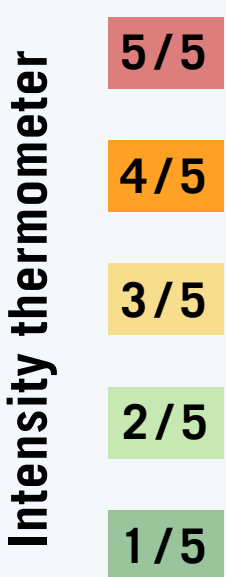
TIP: take what resonates with you, and leave what doesn't. We're all unique, so not every tool will be equally useful for everyone!

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.



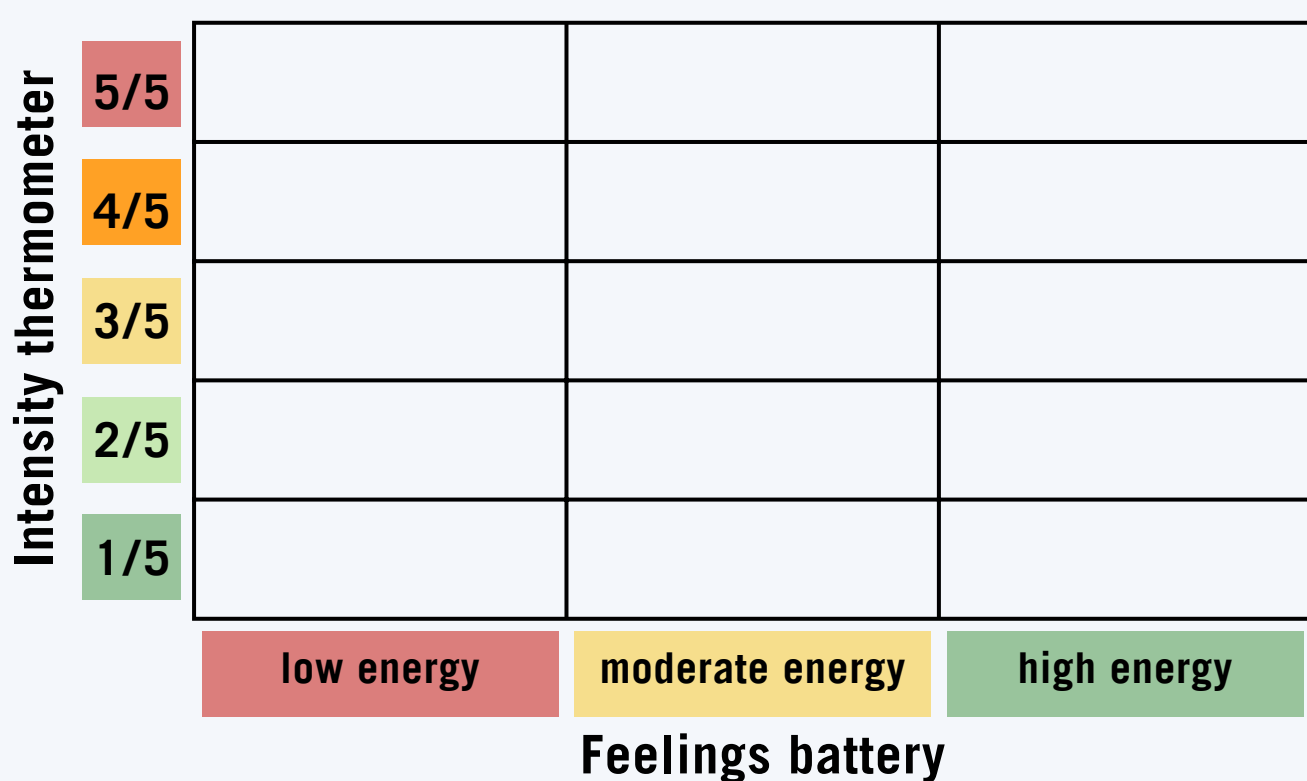
2) How intense are these emotions and sensations in my body right now?



Fill in the blanks above with words that you prefer to use to label each of these 5 intensity levels.

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. When your energy and feelings are at the levels that you’ve marked below, you’re in a “self-care zone” — you might be experiencing dysregulation or “wobbliness”. This is 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.



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

Fill in the blanks below with choices that make sense for your needs.

What do I need from my food?

crunchy	smooth			
OR	OR	OR	OR	OR
squishy	textured			

What do I need from my environment?

noise	company			
OR	OR	OR	OR	OR
quiet	aloneness			