



weight management psychology

BODY & MIND CHECK-IN

*Feeling “off” but not sure why?
Use this guide to check in with your body & mind!*

Physical Needs

- ✓ **Hunger** – When did you last eat? Feeling weak, dizzy, or irritable? Try a snack or meal.
- ✓ **Thirst** – Mouth dry? Lips chapped? Sip water or eat something hydrating.
- ✓ **Fatigue** – Foggy brain? Low energy? Need rest? Try a nap, stretch, or movement.
- ✓ **Body Temperature** – Too hot? Too cold? Adjust clothes, fan, or blanket.
- ✓ **Pain/Tension** – Any aches, tightness, or strain? Change position, stretch, or rest.

Sensory Check-In

- ✓ **Overstimulation** – Too loud, bright, or crowded? Try quiet time, dim lighting, or headphones.
- ✓ **Understimulation** – Feeling restless or “off”? Try fidgeting, movement, or music.
- ✓ **Clothing Discomfort** – Tags, seams, or tightness bothering you? Change into something comfy.

Thoughts & Emotions

- ✓ **Emotions** – Feeling anxious, sad, or overwhelmed? Name it. Express it. Breathe.
- ✓ **Overthinking** – Stuck in looping thoughts? Try grounding techniques (5-4-3-2-1 senses).
- ✓ **Irritability** – Feeling snappy? Overloaded? Take a break, breathe, or step outside.
- ✓ **Boredom/Restlessness** – Feeling “blah”? Try a new activity, fresh air, or small task.

Environment & Social Needs

- ✓ **Social Energy** – Need alone time or connection? Check in with a friend or take quiet time.
- ✓ **Routine & Structure** – Feeling lost? Reset with a small task (tea, journaling, tidying).
- ✓ **Nature & Fresh Air** – Been inside too long? Open a window, step outside, or look at nature.

What Do You Need Right Now?

Choose one small action to take care of yourself. You matter. Your needs matter.

