

Interoception: A Quick Fact Sheet

Understanding your body's internal signals

*Your body communicates.
You can learn to listen, in ways
that work for you.* 



1 What is interoception?

Interoception is how your brain and body notice and make sense of signals from inside you. These signals can include hunger, thirst, needing the bathroom, pain, temperature, fatigue, breathing, heartbeat, and some of the body changes that come with emotion.



Interoception is not one skill.

You may notice some body signals easily and miss others. You may also notice a signal without knowing what it means.

2 Three common patterns



Signals may be faint or late

Examples: suddenly very hungry, forgetting to drink, noticing exhaustion or overload late.

What may help: reminders, routines, planned breaks, water within reach.



Signals may feel very intense

Examples: heartbeat, nausea, pain, temperature, fullness.

What may help: less body monitoring, external grounding, checking the context.



You may notice something but have trouble sorting it out

Examples: Is it hunger, anxiety, fatigue, pain, sensory overload, or excitement?

What may help: describe the sensation first, then consider a few possible meanings.



Body signals are information, not automatic answers.

A sensation can be real and important without having one obvious meaning.

3 You do not have to rely on body signals alone

External supports are valid accommodations.



timers or alarms



planned food and water breaks



visible supplies



scheduled movement or sensory breaks



temperature adjustments



written routines



stopping before a signal becomes urgent



*Support today.
A calmer tomorrow.* 

4 A simple check-in

1

What do I notice?

2

How strong is it?

3

What might it mean?

4

What is one small thing I could try?

5

Did anything change?



*Small steps
still move you forward.*

5 When more body attention is not helpful

More body-focused attention is not always better. If it increases panic, obsessive monitoring, eating-disorder symptoms, dissociation, trauma responses, or distress, external supports or clinician-guided work may be a better fit.

New, severe, or persistent physical symptoms also deserve appropriate medical assessment.



*It's okay to find
what works for you.* 