

# Listen To Your Body 101

## It'll tell you what you need! #DoThisThing

Intuitive eating is all about listening to your body's cues, recognizing that your body knows what it needs and how much it requires. It's about listening to yourself, your hunger, your satiety—and making peace with food.

While it's become popular over the past couple of years for those recovering from disordered eating, eating disorders or chronic dieting, we could all benefit from an intuitive eating practice, so let's give it a go!

**We eat for three reasons:**

### 1. Hunger: We physically need nourishment.

My hunger cues look like this: My stomach makes funny noises. My head starts to ache in my eyes. My frustration tolerance decreases (e.g., HANGER ALERT).

How do you know that you're hungry? What sensations do you experience?

---

---

---

### 2. Appetite: We physically desire a certain food.

OMG. I know I'm ovulating when I drive (subconsciously) to the gas station on my way to and fro for peanut m&m's. That craving's more accurate than an ovulation calculator, I swear!

What types of foods do you crave and when? How can you tell the difference between Hunger and Craving?

---

---

---

### 3. Comfort: We emotionally want to feel something.

Food is so powerful, bringing on all sorts of chemical changes in the body that affect mood. When it's cold outside, don't you always want soup or a hearty pasta or something? I totally do. Then there are the food rituals: pizza on Friday nights, chili on football Sundays. There's something about having specific foods at set times each week that holds life steady.

What are your comfort foods? When do you eat them? How do they affect your mood?

---

---

---

**#NOTTHERAPY**