

Digestion & Stress – Body Awareness Tool

Purpose: Connects digestion to nervous system state

Before eating, notice:

- **My body feels:**

- ☐ Rushed ☐ Tense ☐ Neutral ☐ Calm
- My breathing is:
- ☐ Shallow ☐ Steady ☐ Deep

Support digestion gently:

- Take 3 slow breaths before the first bite
- Place both feet on the floor
- Eat without screens for the first few minutes if possible

After eating, check in:

- Any change in tension?
- Any ease or discomfort?

Digestion works best when the body feels safe.

Educational use only.