

BODY SIGNALS

REFERENCE POSTER



Our bodies send us signals all the time.
Noticing them helps us take care of ourselves.

BODY SIGNAL	WHAT IT MIGHT MEAN	HELPFUL ACTIONS
<p>HEADACHE</p>	<ul style="list-style-type: none"> Tired Need a break Dehydrated 	Drink water Rest Take a break
<p>WORRIED FEELING</p>	<ul style="list-style-type: none"> Stress Something on your mind Unsure 	Take slow breaths Talk to someone Write it down
<p>ANGRY FEELING</p>	<ul style="list-style-type: none"> Frustrated Something is unfair Need space 	Take space Walk away Squeeze or use something to release
<p>TIRED</p>	<ul style="list-style-type: none"> Not enough sleep Worked hard Need rest 	Rest or nap Drink water Stretch
<p>HUNGRY</p>	<ul style="list-style-type: none"> Need food Low energy 	Eat a healthy snack Drink water Eat at regular times
<p>CALM AND READY</p>	<ul style="list-style-type: none"> Safe Focused Balanced 	Keep up your good habits Help others Set a goal

REMEMBER



- ✓ Notice your body signals.
- ✓ Name how you feel.
- ✓ Choose a helpful action.
- ✓ Ask for help if you need it.

