



This is not a plan to follow.

It's a way to see more clearly what is already happening and to begin supporting yourself in small, steady ways.

For the next few days, don't try to change much.

Just notice:

- when your energy drops
- when your mood shifts
- what you've eaten in the hours before

Not in general.

But specifically.

Often, the pattern is not obvious until you see it written down.

My pattern

You can use this loosely, not rigidly. Just fill in what you can, when you can.

Time	What I ate & How much	Mood / Energy Before	Mood / Energy 30 min after	Circumstances (rushed, calm, with child...)

You don't need full sentences. A few words are enough.

What matters is this: noticing the *shift after eating*. If something softens, clears, or steadies within 15–30 minutes, that's not random. That's your body responding.

A small pause in the moment

When everything starts to feel like too much, it's natural to go straight into: *What's wrong? Why is this happening?*

Before that, try adding one step.

Pause and ask:

- When did I last eat something real?
 - Have I had enough to carry me?
-

If you're not sure, assume your body might need something.

Eat something real. Then wait a little.

You don't have to figure everything out at once.

What counts as “something real”

A meal doesn't have to be perfect. It just needs to support you.

Many women eat *something*—but not quite enough to carry them. A few bites. A quick snack. Finishing a child's leftovers. It counts, but it may not be enough.

Something more supportive usually includes:

- a source of protein
- some fat
- some carbohydrates

It can be very simple.

For example:

- bread with cheese, eggs, or a spread
- yogurt with nuts or seeds and fruit
- eggs with anything you have
- porridge with nuts
- leftovers that you actually sit down and finish

Not ideal or balanced in a perfect way.

But enough.

A gentle structure (if signals are unclear)

If you don't clearly feel hunger, you're not doing anything wrong. It may just mean the signal is quiet. In that case, it can help to rely less on feeling and more on rhythm.

For a while, you might try:

- eating every few hours
- having 2–3 default meals you return to
- not waiting until things feel urgent

Not as a rule. As support.

Looking back

If you want, you can also reflect a little:

- What were meals like when I was growing up?

- Did someone notice if I was hungry?

- Do I tend to notice hunger—or push past it?

You don't need to analyze this. Just noticing is enough.

What you might begin to see

Over a few days, something often becomes clearer:

- certain times of day are harder
- certain patterns repeat
- some emotional shifts have a physical layer underneath

Not everything will be hunger. But some of it might be.

And that alone can change how you respond.

A quieter way to approach it

This is not about control. Or doing things right. Or fixing yourself.

It's about noticing where your body might be under-supported and responding in a way that is simple, steady, and enough.

You can come back to this anytime.

Not as a system. As a way of paying attention.

For more reflections and free resources like this one, visit me at [fromcentowholeness.com](https://www.fromcentowholeness.com)