



Recognising Hunger

One of the biggest challenges for people who are recovering from disordered eating is beginning to understand the physiological cues associated with hunger and satiety. For people who have always experienced disordered eating of sorts, this is usually something that needs to be completely relearnt- or indeed learnt for the first time. Hunger is an individual process because our body provides each of us with different physiological cues. Therefore learning to understand hunger is a very individual process. Hunger cues that people experience might include:

Psychological cues (note: this is different from emotional eating!)

- Anger
- Fatigue
- Depression
- Anxiety/ irritability
- Procrastination
- Boredom
- Feeling deprived
- Grumpy
- Difficulty thinking/ concentrating
- Thoughts about food or being hungry

Physiological cues

- Cravings
- Desire/ urge to eat
- Dizziness
- Nausea
- Rumbling or aching stomach; hunger pangs
- Headache
- Salivation
- Feeling of emptiness in the stomach

There are many more!! What additional cues can you recognize?

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We suggest you annotate a Satiety Ruler and/or Intuitive Eating Diary to assist in your understanding of hunger and fullness.