

The Power of the Gut: Reflection and Awareness - The Digestive System

How does my stomach feel after breakfast/lunch/dinner (light, heavy, bloated, comfortable)?

Which foods give me steady energy, and which ones make me feel tired or sluggish?

Do I usually eat slowly and chew my food, or do I rush through meals? How does this affect how I feel afterward?

How does my body respond when I am hydrated vs. dehydrated?

If I pay attention, what's one food that consistently makes my digestion harder, and one food that makes it easier?

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How does my body tell me when it is hungry? When it is full?

Do I notice any patterns with stomach aches, bloating, or heartburn? When do they usually happen?

How does my body feel after I go to the bathroom? (Relieved, uncomfortable, incomplete, etc.)

What does my poop usually look like? (Color, shape, consistency.) What might that tell me about my digestion?

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How does my stomach feel when I'm nervous, anxious, or stressed?

Do I notice changes in digestion when I am relaxed or happy compared to when I am worried or upset?

Have I ever had "butterflies in my stomach"? What was happening emotionally at that time?

How late do I eat before bed? Did it affect my sleep or my digestion?

What's one small habit I could try this week to improve my digestion (ex: chewing more, drinking more water, adding fiber, reducing sugar)?

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If my digestive system could talk to me, what advice would it give?

How does taking care of my digestion make me feel about my overall health and energy?

Any other notes....
