

INTEROCEPTION

What is Interoception?

Interoception is a sense, just like smell, sight, sound, taste, touch, vestibular and proprioception.

Interoception allows us to notice our internal body signals such as a sore stomach, a racing heart or a full bladder. When we notice these body signals, our brain then uses them to connect this sensation to an emotion.

Having awareness of our body signals allows us to identify actions/strategies that will help us regulate our emotions and/or bodily functions.

Interoception involves noticing both *homeostatic* and *affective* emotions.



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(<https://www.kelly-mahler.com/>)

Homeostatic Emotions/Bodily functions:

These help us to care for our body. Such as noticing we are hungry, thirsty, need to go to the toilet, hot/cold, in pain or tired. By noticing these body signals, we can respond. This may include eating, drinking, seeking help when sick, toileting, and sleeping.

Affective emotions:

This refers to how we are feeling, such as anxious, excited, frustrated, scared or distracted. By noticing these emotions, we can respond. This may include taking a deep breath, going for a walk or seeking help from others.

The more we pay attention to and notice our internal body signals, the greater we will be at self-regulating.

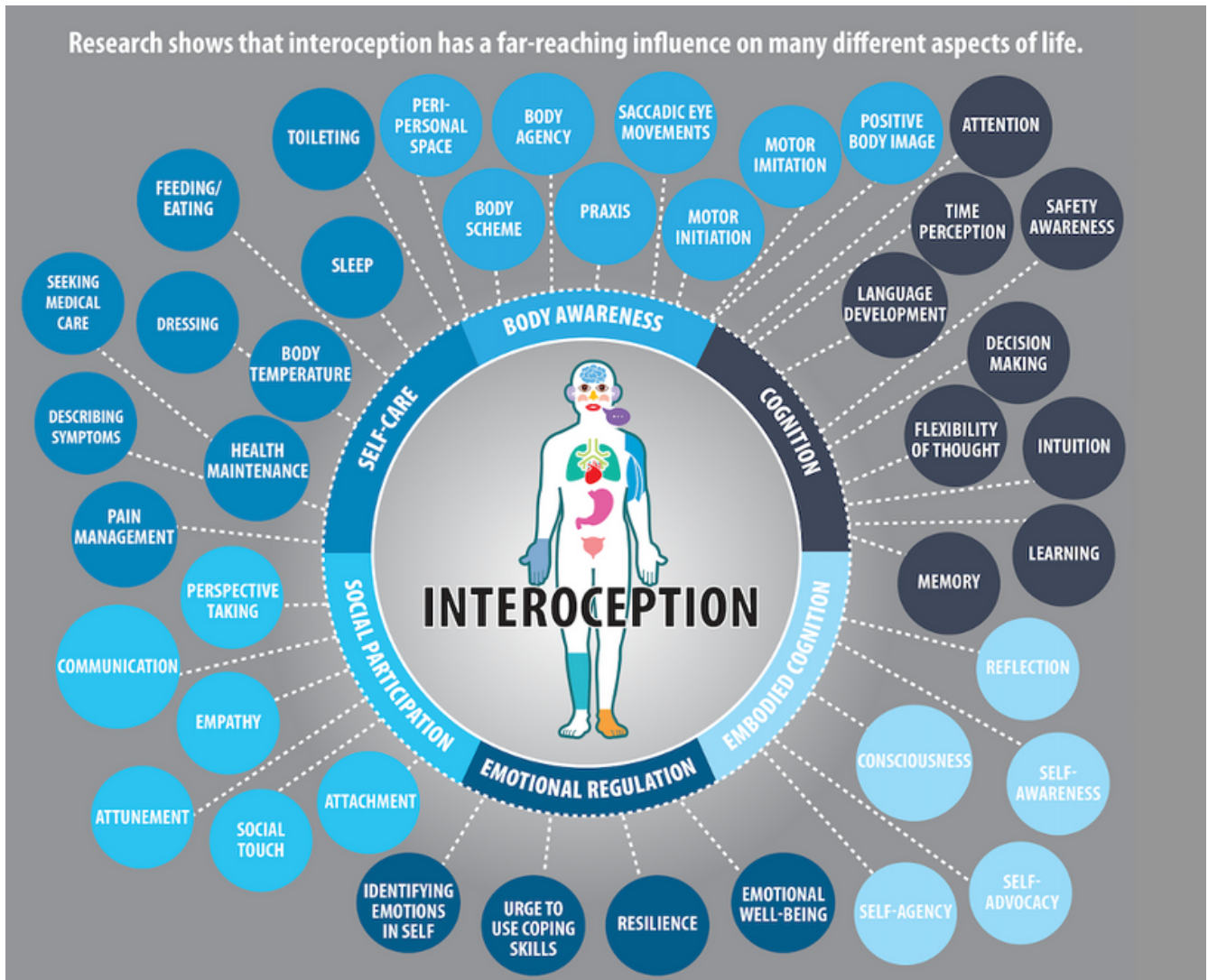


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