

THE WHY BEHIND HUNGER

When you feel hungry, your body is telling you that you need to consume nutrients. **This sensation is a product of the brain-body connection and is influenced by:**



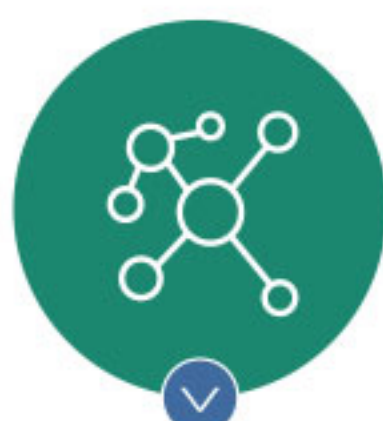
Blood sugar levels



Circadian rhythms, or your internal clock



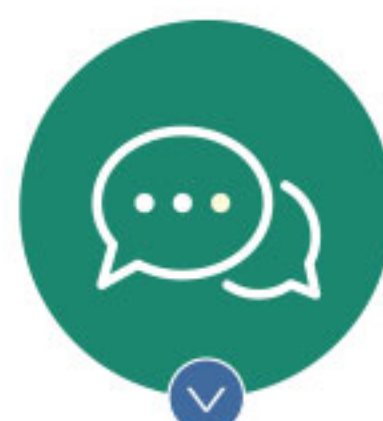
Gut health



Hormone levels



Sleep



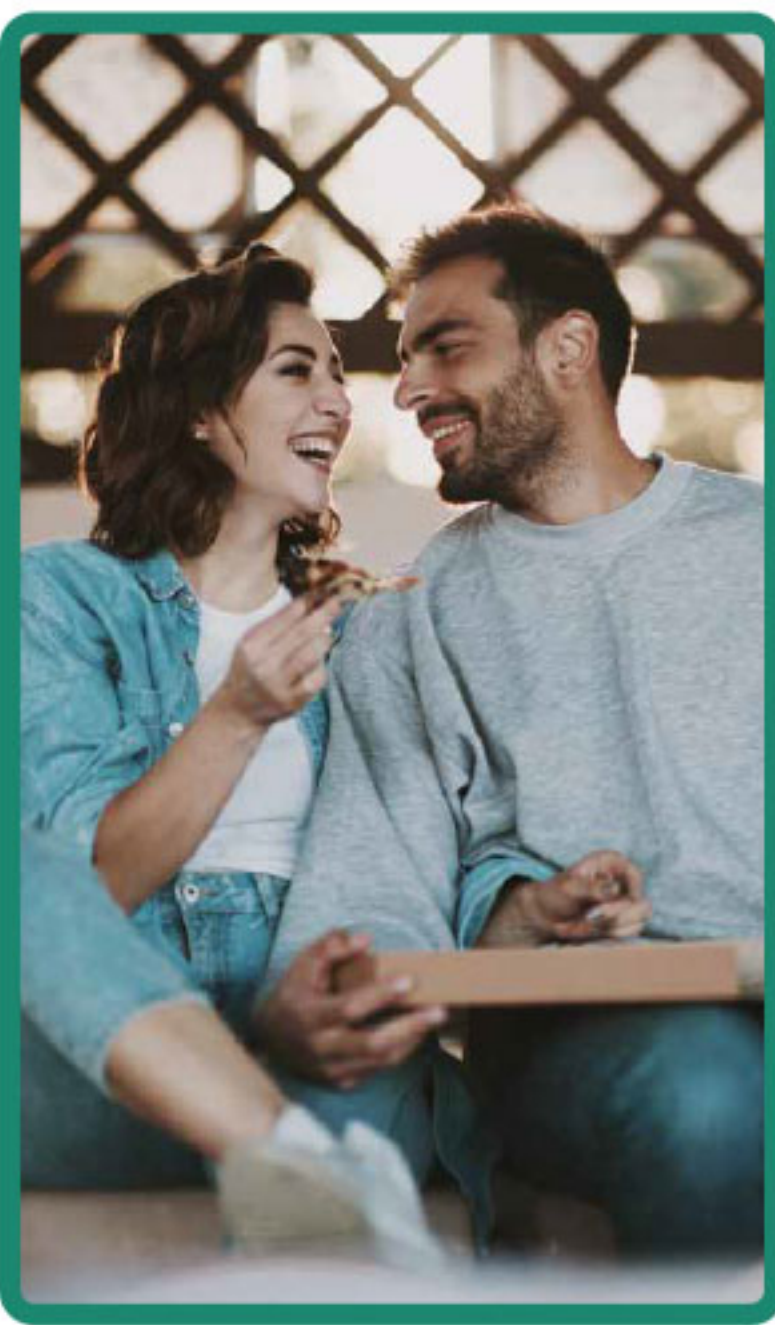
Social cues

MIXED SIGNALS

In addition to hangry, being overly hungry can make you sleepy, clumsy or distracted.



FEELING HANGRY? 2 THINGS TO DO



1. Listen to your body.

When you feel hangry, eat a snack and take a deep breath.

2. Get in touch with your feelings.

People who have good emotional awareness may be:

- Hangry less often
- Less likely to act aggressively or impulsively when hangry
- More in touch with the body's physical cues



WHEN TO SEE YOUR PROVIDER

If feeling hangry is common for you, talk with your healthcare provider. Together, you can determine the cause and outline a plan to care for your mental and physical health.

