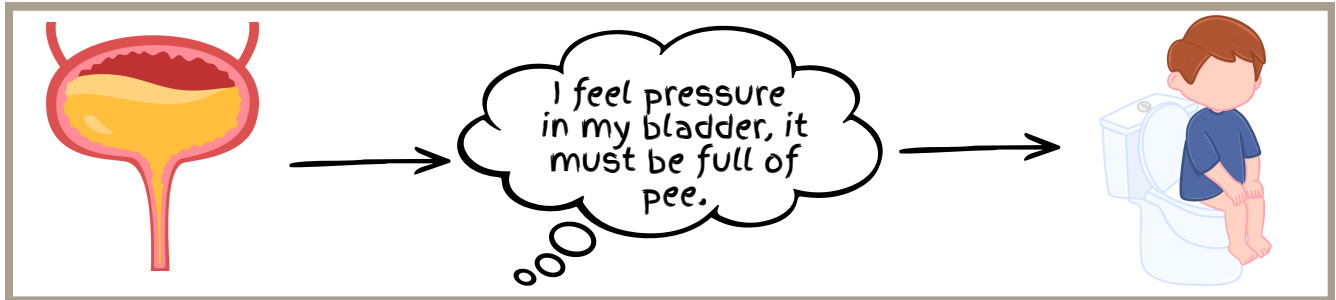


Interoception & Puberty

Interoception:

Interoception is our 8th sense- the sense of whats happening inside our bodies!

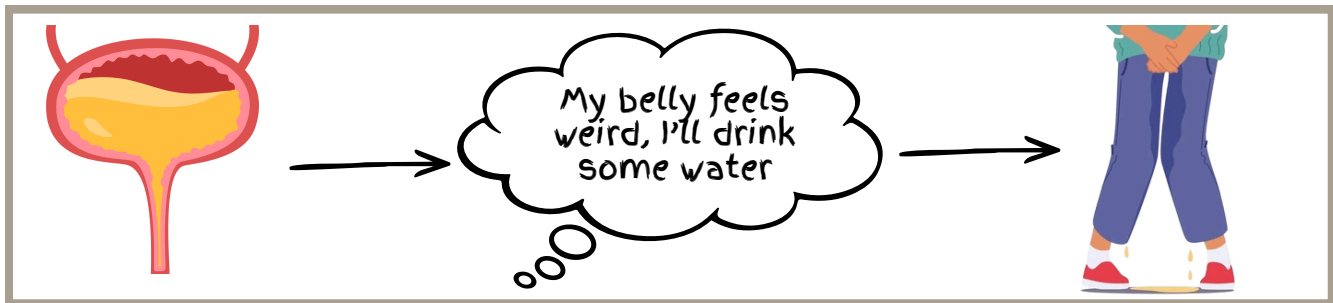
- Our bodies tell us when they need something like feeling hungry or needing to pee.
- Our bodies also help us know how we are feeling like getting sweaty when you're feeling anxious.



Interoception challenges:

Some people have a hard time noticing and understanding their body's messages.

- The challenges make it hard to take care of our bodies and feelings.



Interoception & puberty:

Puberty causes lots of changes to our brains and bodies.

- We have new body signals and new emotions.
- Challenges with interoception can make these changes hard to manage.

