



## Interoception: The Gateway to Emotional and Body Regulation

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INTEROCEPTION, the intricate and often overlooked sensory ability, plays a fundamental role in our daily lives, influencing how we PERCEIVE (notice, recognize) and regulate both our emotions and bodily functions. Today we will delve into the definition of interoception and explore its critical role in emotional and body regulation, highlighting the PROFOUND (deep, great) impact it has on our overall well-being.

**SPELL**   **SENSORY**   **ABILITY**   **EXPLORES**

What sensory ability are we discussing today? INTEROCEPTION

Interoception plays a fundamental role in our \_\_\_\_\_. DAILY LIVES

Interoception has a profound impact on our overall \_\_\_\_\_. WELL-BEING

What word did I use that meant deep or great? PROFOUND

What is one of the two things interoception helps us perceive and regulation? EMOTIONS, BODILY FUNCTIONS

Name one of the synonyms listed for perceive. NOTICE, RECOGNIZE

Name another sensory ability you know of.

Think about all of the senses our body has. Why do you think interoception is considered to be a sensory ability?

Interoception refers to the awareness and INTERPRETATION (understanding, explanation) of internal bodily sensations, including signals related to hunger, thirst, heartbeat, and emotional states. This sensory system enables individuals to understand and respond to their PHYSIOLOGICAL (physical, biological) needs, forming a crucial link between the mind and body.

Question Type Key

KNOWN – SEMI-OPEN – PRIOR KNOWLEDGE – MATH – OPEN – VAKT

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Emotional regulation, a complex process involving the identification, understanding, and management of emotions, is significantly influenced by interoception. Individuals with a well-developed INTEROCEPTIVE sense are better equipped to recognize and navigate their emotional states, leading to more effective emotional regulation. On the other hand, challenges in interoception can contribute to difficulties in understanding and managing emotions, impacting mental well-being.

**SPELL AWARENESS LINK NAVIGATE**

What kind of needs does this sensory system enable individuals to understand? **PHYSIOLOGICAL**

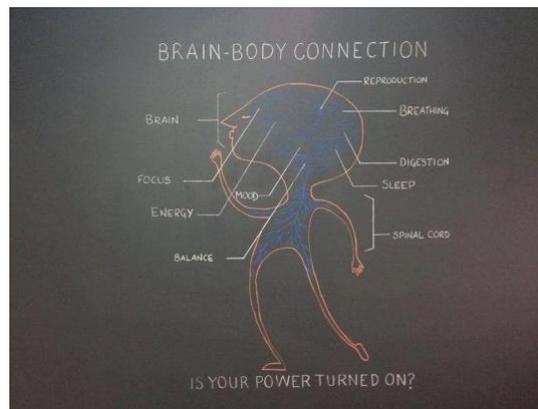
What is the complex process called that involves the identification, understanding, and management of emotions? **EMOTIONAL REGULATION**

What is one of the synonyms I mentioned for physiological? **PHYSICAL, BIOLOGICAL**

What is one of the signals mentioned that interoception brings awareness to? **HUNGER, THIRST, HEARTBEAT, EMOTIONAL STATE**

What is another body signal that interoception may bring awareness to?

Describe how your body feels when you are hungry.



The role of interoception in body regulation is equally PIVOTAL (essential, crucial). Interoceptive signals inform individuals about their internal states, allowing them to respond to bodily needs promptly. For instance, an ENHANCED (improved, heightened) interoceptive awareness enables individuals to recognize hunger and satiety cues, promoting healthier eating habits. Additionally, interoception contributes to body regulation by influencing AUTONOMIC (involuntary) functions such as heart rate and breathing. A well-regulated interoceptive system supports overall physical well-being by fostering balance and HOMEOSTASIS (stability, balance) within the body.

**SPELL STATES SUPPORTS BALANCE**

What is the role of interoception pivotal for? **BODY REGULATION**

Interoceptive signals inform individual about their \_\_\_\_\_. **INTERNAL STATES**

What kind of functions are heart rate and breathing? **AUTONOMIC**

What is one of the cues that enhanced interoceptive awareness enables individuals to recognize? **HUNGER (CUES), SAFETY (CUES)**

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Name a synonym mentioned for homeostasis. STABILITY, BALANCE

What is another automatic function of the body you know of?

Describe how your body feels when it is in homeostasis. How does your brain feel when your body is in balance?



Individuals with challenges in interoception may experience difficulties in emotional regulation, leading to HEIGHTENED (sharp, increased) stress and anxiety levels. Targeted interventions that focus on enhancing interoceptive skills can provide significant benefits, empowering individuals to navigate their emotions more effectively and promoting a HARMONIOUS (agreeable, congruous) balance between mind and body.

**SPELL** BENEFITS MIND TARGETED

What type of regulation is discussed in this section? EMOTIONAL

Targeted \_\_\_ that focus on enhancing interoceptive skills can provide significant benefits.

INTERVENTIONS

What word did I mention that means agreeable or congruous? HARMONIOUS

What is one of the two areas of emotional regulation that can be heightened due to challenges with interoception? STRESS, ANXIETY

Name an emotion.

Describe a situation in which a bodily function may impact someone's emotional regulation.

This can be a personal experience or a scenario you created.

In conclusion, interoception serves as the gateway to emotional and body regulation, shaping our ability to understand and respond to internal sensations. Its influence on emotional regulation is evident in the connection between a well-developed interoceptive sense and effective management of emotions. SIMULTANEOUSLY (concurrently, at the same time), interoception plays a crucial role in body regulation, informing individuals about their internal states and contributing to overall physical well-being. Recognizing the importance of interoception opens avenues for interventions that can positively impact mental and physical health, fostering a more integrated and balanced approach to overall well-being.

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## Creative Writing:

Now that you have learned about body sensations, imagine a character who has just discovered a new sensation in their body. Describe the sensation in detail and how it affects their thoughts or actions.

Write a story about a person who has difficulty recognizing certain body cues, such as hunger or sleepiness cues. How do they overcome challenges related to interoception?

Create a new or unique sensation related to a certain feeling. For example, your eyes tickle every time you are hungry. Describe what it would be like living with this.

Imagine that after a strange encounter with a mysterious substance, you discover that you can taste time. Different moments have distinct flavors, and the past, present, and future all leave a lingering taste on your palate. Write about the challenges and adventures that come with this unusual interoceptive ability. How does it affect your perception of the world, and what insights do you gain from savoring the essence of time?

You receive a magical paintbrush that allows you to paint the emotions you feel directly onto a canvas. The colors, strokes, and textures represent the intricacies of your inner world. Explore how this interoceptive art form becomes a means of self-expression and communication.

## Sources:

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5985305/>

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