

INTEROCEPTION

SENSE OF PERCEPTION



The Interoceptive System & How it Works

The human body has receptors located throughout the inside of the body - ranging from the stomach to the skin. These receptors gather information to send to the brain. The brain then uses this information to figure out how to feel - this enables us to feel hunger, itch, pain, body temperature, need for bathroom, and tickles.

This system helps keep our body in homeostasis.



Connected to Emotion & Self-Regulation

The interoceptive system also allows us to feel all of the human emotions, most of which are linked to physical sensations in our body. Noticing these sensations is linked to interoception and that is why this system is linked to our emotions.

Studies have shown that our ability to read our physical signals directly relates to how well we can identify and regulate our emotional states.



Linked to More

Beyond emotions & self-regulation, interoception is also linked to:

- Self-Awareness
- Problem Solving
- Social Thinking
- Flexibility of the Mind

Interoceptive Improvement



It is possible to improve one's ability to perceive & understand their body's interoceptive signals.

Working with an Occupational Therapist can help you develop and implement strategies to help with this improvement

Interoceptive awareness (IA) is learning to notice signals and sensations, and then give meaning to them. Then you can properly react. Improving IA can directly impact previously mentioned skills - such as self-regulation of emotions and social thinking.

Want to
Learn More?



The Multidimensional
Assessment
of Interoceptive
Awareness (MAIA)



Interoception:
The Eighth Sense