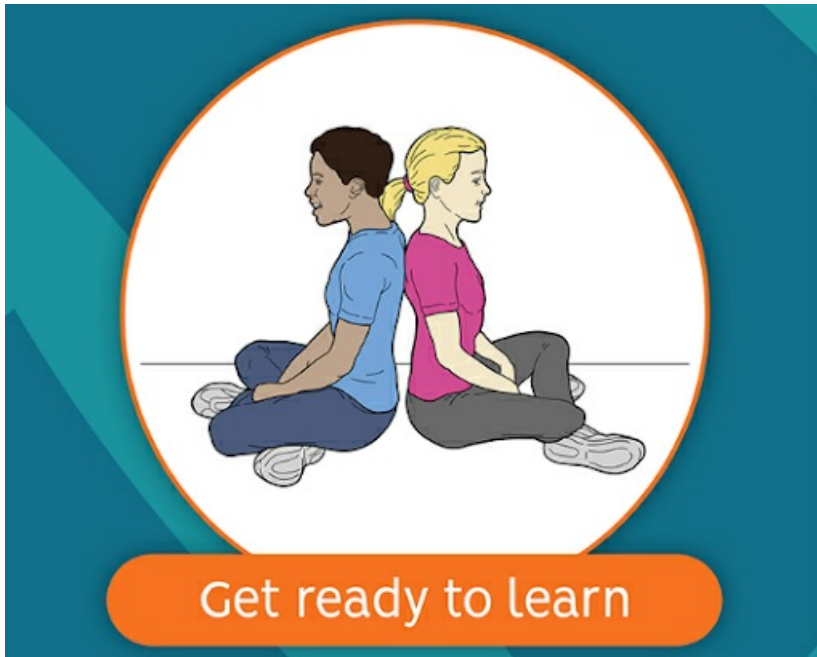


# Develop interoception



**Source:**

Student Wellbeing Hub, Education Services Australia

<https://studentwellbeinghub.edu.au/educators/topics/interoception-and-self-regulation/>

[View full image \(127 KB\)](#)

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