

HALT



If you're struggling with big emotions and feeling overwhelmed,
HALT, and ask yourself these questions

H

Am I **HUNGRY**?

When was the last time I had something to eat or drink?

A

Am I **ANGRY**?

Am I holding in anger that I'm not aware of? Is my body tense?

L

Am I **LONELY**?

Have I been around people I love recently? Do I miss my friends?

T

Am I **TIRED**?

How much sleep did I get last night? Did I wake up a lot in the middle of the night? Do I consistently get enough sleep?