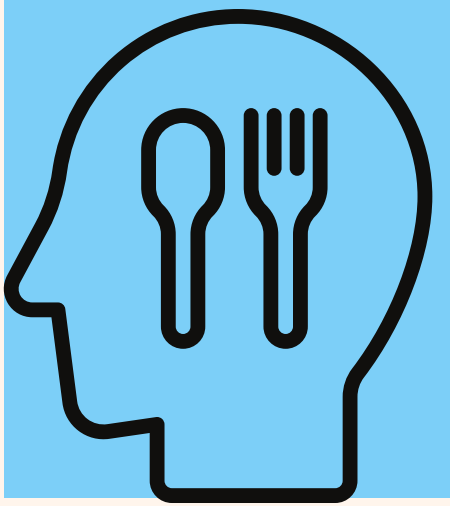


# H.A.L.T.



**01**

## **Hungry**

When did you last eat?  
If your body is asking for food, find something nourishing to eat.

What about water? Does your body need more H<sub>2</sub>O?

Tip: Honor your body's need for fuel.



**02**

## **Angry**

What are you dealing with right now that's stressful?  
Are you feeling angry at several situations or people?  
Are you irritable, annoyed but you don't know why?

Tip: Anger is data relaying that you are at your boundary.  
How can you deal with anger constructively?



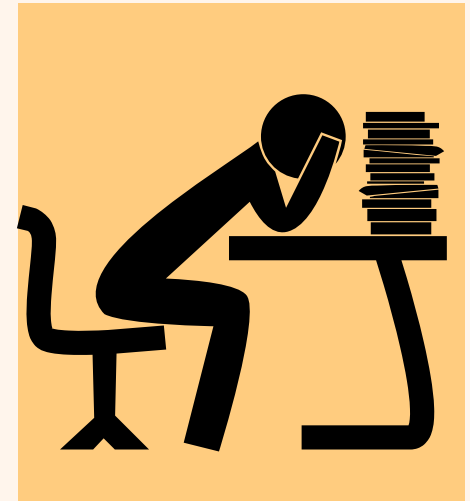
**03**

## **Lonely**

When was the last time you connected in a meaningful way to a friend or loved one?

When was the last time you socialized in a way that was meaningful to you?

Tip: Reach out and reconnect with a loved one.



**04**

## **Tired**

How was your sleep last night?

Are you emotionally exhausted?

How is your thinking?

Tip: Take time to unwind and rest.