

H.A.L.T.



TOOL

HALT is a useful tool for those struggling with communication, anger management, stress, or those recovering from addiction. When we are hungry, angry, lonely, or tired, we are more likely to make emotionally charged decisions that we may regret. Utilizing HALT requires self-awareness and the capacity to stop and reflect when we are tempted to behave negatively. This assists us to become aware of underlying issues, contributing to our stress. Using HALT when we feel upset, physically or emotionally, can help us feel better.

H	<p><u>HUNGRY</u></p> <p>Our behavior changes when we are hungry. Think of the Snickers chocolate bar commercials.</p>	<p>Do you have any hunger cues? Is your stomach rumbling? Are you irritable? Do you have a headache?</p> <p>If so, try to have nutritious snack, or small meal. This should help you think more clearly and feel more calm.</p>
A	<p><u>ANGRY</u></p> <p>Our fight or flight response becomes activated, flooding our bodies with stress hormones. We will likely experience physical symptoms when angry.</p>	<p>What physical symptoms reoccur? Doing physical activity can reduce stress. Some may find mindfulness activities, or deep breathing helpful as well.</p> <p>Anger is a normal emotion, but we need to manage it.</p>
L	<p><u>LONELY</u></p> <p>Feeling connection is a normal human desire.</p>	<p>Everyone is different. Are you an introvert/extrovert, or some kind of combination of the two? What type of connection would satisfy you? How can you make that happen?</p>
T	<p><u>TIRED</u></p> <p>When we are tired, we lack patience and may be more easily irritated. Decision making may become more difficult. We may crave high sugar foods which will also cause us to crash.</p>	<p>Are you prioritizing sleep? Are you having problems falling or staying asleep? How much movement are you getting in a day? How is your sleep hygiene?</p>