

THE HALT CHECKLIST

Hungry

Why are you hungry?
Are you bored?
Are you dehydrated?

Angry

Why are you angry?
Is it stress? Anxiety?
Who/what would help?

Lonely

Why are you feeling this?
Online too much/too long?
Who can you connect with?

Tired

How much are you sleeping?
Are you physically or emotionally tired?
What is your sleep routine?

Visit www.mindtools.com/pages/article/HALT-risk-states.html