HALT Self-Care Awareness/ HALT Resource Sheet

Hungry

Hungry is all about what you are feeding your body. You have autopilot foods you grab when you are stressed, for me I like chips. However this is not a fast, healthy choice to balance my blood sugar levels. Instead, I need to be looking for healthy fats and protein sources.

Angry

Angry is all about your emotional health and emotional fatigue. We are not saying that you are angry, rather that you are feeling unsettled or upset. When you are emotionally unsettled you tend to be more reactive and intense. Take the time to reflect on things that help you relax and find more peace

Lonely

Lonely is all about how connected you feel and that you feel part of something. All people have a basic human need of being included. If you are feeling disconnected reflect on different ways you could shift this feeling of disconnectedness and instead feel part of something you value.

Tired

Tired is all about our physical body and physical fatigue. This is taking a look at how you are sleeping and how you are moving your body. When you are lacking in sleep or you haven't moved your body enough you will tend to be more reactive and unsettled.

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