

H.A.L.T.

The H.A.L.T. acronym is a simple guide for recognizing common signs of stress.

HUNGRY

When did you last eat? Are you craving unhealthy food? Can you have a snack? Eating regularly and eating well can help keep you balanced. It doesn't have to be much, but try eating a few bites and make sure you've had some water.

LONELY

When was the last time you spoke to a friend? Reach out and connect in person, on the phone, or even with just a quick text. If you are home alone, get out of the house to see other living beings at the park, the store, or walking down the street.

ANGRY

Are you irritated at little things? Are you angry and don't know why? The situations or people that are annoying you might not be the problem. Take some deep breaths, stretch your legs, and make space to process your reactions.

TIRED

How are you sleeping? When was the last time you slept a full night through? Make some time to rest and re-energize. If not a full night of a rest, a nap can do wonders until you are able to get back on a regular sleep schedule.

Each one of these symptoms, or some combination, may signal that you need a break or help. Use H.A.L.T. to check in and recognize when to take extra care of yourself.

This resource is not intended to replace treatment. If you are experiencing a mental health emergency, call the National Suicide Prevention Lifeline at 1-800-273-8255 or dial 911.

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