



HALT Check-In

Pause. Check in. Take care of you. 

When we are not feeling our best, our emotions can feel bigger and our decisions can suffer. HALT is a quick way to check in with your basic needs so you can respond, *not react.*



H

Hungry

Have I eaten something nourishing today?

☐ YES

☐ NO

WHAT CAN I EAT?



A

Angry

Am I feeling irritated, frustrated, or overwhelmed?

☐ YES

☐ NO

WHAT CAN HELP ME CALM DOWN?



L

Lonely

Do I feel disconnected or like I need support?

☐ YES

☐ NO

WHO CAN I REACH OUT TO?



T

Tired

Am I physically or mentally exhausted?

☐ YES

☐ NO

WHAT CAN HELP ME REST?



WHAT DO I NEED RIGHT NOW?

QUICK SELF-CARE IDEAS

- | | |
|--|--|
| ☐ Drink water |  Call or text someone |
|  Take a deep breath |  Journal |
|  Go for a walk |  Take a shower |
|  Listen to music | ☐ Other: _____ |



AFTER I CHECK IN...

 How am I feeling right now? _____

 What is one small step I can take to take care of myself? _____

REMEMBER:

You can't pour from an empty cup.
Take care of you, so you can show up for life.



AWARENESS. SELF-CARE. CHOICE. GROWTH.

