



H.A.L.T.: REFLECTING

HUNGRY, ANGRY OR ANXIOUS, LONELY, TIRED OR THIRSTY

After you have noticed how you are feeling and calmed your mind and body, you can begin to use skills of reflecting and processing.



REFLECTING:

Thinking back over a feeling or situation



PROCESSING:

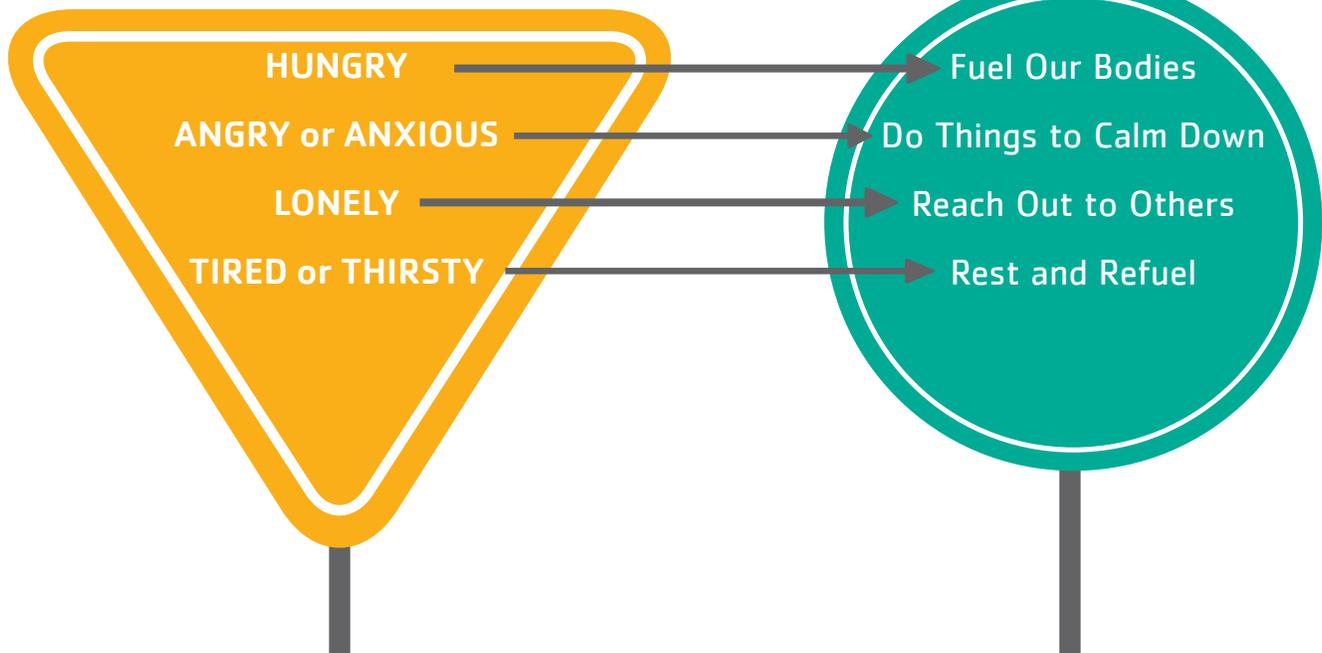
Making sense of what we are feeling or the situation we are experiencing

One useful acronym to help us pause and reflect is H.A.L.T.

H.A.L.T. means to stop in your tracks and take a break, giving yourself time to reflect on the signals our body is giving us about what we might need.

IF WE FEEL THIS SIGNAL...

A HEALTHY RESPONSE IS TO...



1. NOTICE

How am I feeling?

2. TAKE ACTION

Pick a healthy response.

3. REASSESS

How am I feeling now?

REFLECT:

The way we THINK, FEEL, and ACT can signal what we need. Take a look at the chart below to see examples of signals that can show up in how we think, feel, and act. Signals like this can let us know what we need. For example, if someone notices they can't concentrate, their stomach is grumbling, they don't have energy, and they're crabby, their body is likely signaling to them that they are hungry! Reflect on the signals YOUR body gives YOU in how you think, feel, and act for each of the H.A.L.T categories, and choose one to write about below.

| When I am... | Signals in my THINKING... | Signals in my FEELINGS... | Signals in how I ACT... |
|----------------|--|--|--|
| HUNGRY | <i>Example: I cannot concentrate.</i> | <i>Example: My stomach grumbles, I feel mad, and I don't have very much energy.</i> | <i>Example: I am crabby, angry, and I am easily frustrated.</i> |
| ANGRY | <i>Example: I cannot focus on anything besides my anger.</i> | <i>Example: My head feels warm, my heart races, and I breathe faster.</i> | <i>Example: I take my anger out on other people, and have a hard time working through it.</i> |
| ANXIOUS | <i>Example: My mind doesn't stop racing and I have a very hard time focusing on anything else.</i> | <i>Example: My heart races fast, my breathing is short and irregular, and I feel very exhausted.</i> | <i>Example: I do not reach out for help, and try to be alone to deal with my anxiety myself.</i> |
| LONELY | <i>Example: I have thoughts, like "nobody likes me" and "nobody wants to talk to me."</i> | <i>Example: I don't feel like talking to anyone, and I feel like spending the day in my room.</i> | <i>Example: I tend to isolate and not reach out to others.</i> |
| TIRED | <i>Example: My mind is more drowsy, and I lose focus easily.</i> | <i>Example: I want to sleep, I feel like being alone, and my body doesn't have any energy.</i> | <i>Example: I lash out, and am grouchy toward others.</i> |
| THIRSTY | <i>Example: I am spacy and distracted.</i> | <i>Example: I have a headache, my throat is sore, and I feel dizzy/lightheaded.</i> | <i>Example: I act cranky.</i> |

NOTE: If you do not have access to the things you need to be healthy (food, shelter, clothing, or support), call Great Rivers 2-1-1 to get connected to a trained, caring individual. Simply dial 2-1-1 or (800) 362-8255, available 24 hours a day, seven days a week. For additional resources, check out the **Red Light Skills** handout.

REFLECT:

Choose one of the H.A.L.T. emotions/physical sensations from page two to dive in a little deeper. You can look at the examples from page two to help guide you.

1. What is the emotion, feeling, or physical sensations from H.A.L.T. that you will be reflecting on? _____
2. How does your body signal to you that you are feeling that feeling, emotion, or physical sensation?
3. What do these signals tell me about what I might need?
4. What can help me better notice these signals?
5. What choices do I have about how I can respond when I notice these signals?
6. Who can help me respond to these signals in an effective way?

CHALLENGE:

SHARE YOUR THOUGHTS ABOUT THESE QUESTIONS WITH SOMEONE YOU TRUST.

What advice or feedback do they have for you from their own experience?

