

# HALT

TO IMPROVE

## YOUR MOOD

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A TOOL FOR SELF-ASSESSMENT

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IF YOU ARE...

TRY...

**HUNGRY**

- Drink a glass of water
- Eat a well balanced meal
- Get a quick snack - balance a quick sugar with lasting protein

**ANGRY**

- Change your scenery
- Exercise
- Calm your breathing
- Meditate or pray
- Talk with a friend

**LONELY**

- Call or text a friend
- Make plans with friends
- Distract yourself
- Grab a book or play a game

**TIRED**

- Take a nap
- Go to bed early for a few days
- Plan downtime every day