



# Tune in with a H.A.L.T Practice

FIND A COMFORTABLE POSITION

CHECK YOUR BODY FOR SIGNALS OF HUNGER

ARE YOU HUNGRY IN THIS MOMENT? HOW DO YOU KNOW? DO YOU FEEL IT IN YOUR BELLY? DO YOU FEEL YOUR ENERGY DOWN? DO YOU FEEL THAT “HANGRY” GRUMPINESS? YOUR BRAIN REALLY NEEDS A LOT OF FUEL, A LOT OF ENERGY, ESPECIALLY FOR IMPULSE CONTROL AND EMOTION REGULATION. SO GIVING YOURSELF THE NUTRITION AND CALORIES THAT YOU NEED PHYSICALLY IN TERMS OF SUSTENANCE, IT’S GOING TO HELP YOU MAKE GOOD DECISIONS AND MORE EFFECTIVELY REGULATE THOSE EMOTIONS.

ARE YOU ACTIVATED WITH ANGER OR ANXIETY?

WHEN WE’RE ACTIVATED, WE CAN’T REGULATE OUR EMOTIONS QUITE SO EFFECTIVELY. WE CAN’T THINK AND REASON THINGS THROUGH CONSIDERING THE CONSEQUENCES OF OUR ACTIONS. HOW DOES YOUR BODY TELL YOU THAT YOU’RE ANGRY OR ANXIOUS? WHERE IN YOUR BODY AND YOUR MIND ARE YOU AWARE OF IT? AND THEN MAKING A CHOICE FOR REGULATING AND CALMING YOUR BODY. PERHAPS TAKING A FEW BREATHS, EXTENDING THAT EXHALE OUT. PERHAPS GROUNDING YOURSELF BY PRESSING YOUR FEET INTO THE GROUND OR TAKING A LOOK AROUND YOU. SEE THE SHAPES AND COLORS IN THE ROOM. YOU MIGHT TENSE AND RELEASE YOUR MUSCLES

ARE YOU FEELING LONELY?

WE KNOW THAT SOCIAL CONTACT STARTS TO BUILD BETTER REGULATION SKILLS, BOOST HAPPINESS, REGULATE OUR MOOD, AND HELP US TAKE MORE EFFECTIVE PERSPECTIVE ON THE SITUATIONS THAT ARE CHALLENGING US. IF THERE IS SOME LONELINESS OR LONGING, WHAT SIMPLE ACTION CAN YOU DO? CAN YOU REACH OUT, TEXT A FRIEND, RECALL A MOMENT OF RECENT CONNECTION WITH OTHERS, OR ANOTHER WAY TO CONTACT SOMEONE SUPPORTIVE?

## ARE YOU TIRED?

OUR BRAINS DON'T FUNCTION ALL THAT WELL WHEN WE'RE TIRED, WHETHER IT'S BECAUSE WE DIDN'T GET SLEEP OR WHETHER IT'S WE'RE OVERWORKING AND WE'VE REACHED THE END OF A LONG, BUSY, FRUSTRATING DAY. OUR ABILITY TO REGULATE OUR ATTENTION, EVEN OUR WILLPOWER, STARTS TO SLIP AWAY. WE LOSE COGNITIVE CAPACITY. WE ALL FEEL NOT-SO-SHARP WHEN WE'RE TIRED. CAN YOU GIVE YOURSELF PERHAPS A BIT OF REST? CAN YOU FIND A WAY TO PUT INTO YOUR SCHEDULE IN THE COMING HOURS OR DAYS A BIT MORE TIME TO YOURSELF TO REST AND RECHARGE?

## 1 MINUTE RECAP!

WHEN YOU FIND YOURSELF A BIT DYSREGULATED OR OVERWHELMED, A FEW OF THESE SIMPLE INTERVENTIONS CAN HELP. ASKING YOURSELF, "AM I HUNGRY, ANGRY, ANXIOUS OR OTHERWISE ACTIVATED? AM I LONELY, CAN I REACH OUT? AM I TIRED, CAN I GIVE MYSELF SOME REST OR A BREAK? DO SOMETHING RESTORATIVE FOR MY ENERGY?" WE CAN MUCH MORE EFFECTIVELY MANAGE WHATEVER DIFFICULTIES MAY ARISE OVER THE COURSE OF A CHALLENGING DAY AND WEEKS AHEAD. CLICK THE LINK BELOW FOR A 12 MINUTE GUIDED MEDITATION OF THE H.A.L.T PRACTICE

