

The HALT method



The HALT method is a simple self-check-in tool that comes from recovery and mental health fields. It's used to spot basic needs that, if unmet, can make stress, cravings, or emotional reactivity worse. When you notice yourself feeling off-balance, pause and ask yourself, "Am I Hungry, Angry, Lonely, or Tired?" By addressing the underlying need, you can often prevent impulsive reactions or emotional spirals.

Hungry

H

Have you eaten recently? Low blood sugar can trigger irritability, anxiety, or brain fog. Ensure that you are eating balanced meals and snacks regularly. Also try to drink water.

Angry

A

Are you feeling frustrated, resentful, or upset? Unprocessed anger can spill over into other areas. Take a walk to physically work through your anger. Talk to someone or write down how you are feeling.

Lonely

L

Are you lacking connection or support right now? Isolation can intensify emotional distress. Try talking to someone you trust, or use online support groups.

Tired

T

Are you physically or mentally exhausted? Fatigue lowers coping ability and increases reactivity. Try to improve your sleep schedule if you can. Take short naps if you need to.