HALT Self-Check

CENTER FOR HEALTHY LIVING
KAISER PERMANENTE®

Identifying emotional cues for eating can have a great impact on the way you eat. Pausing and learning to identify these cues allows you to plan and avoid future temptation. HALT is a handy acronym that reminds you to take a moment and ask yourself whether you are Hungry, Angry, Lonely, or Tired. It's a simple skill for self-awareness. Take a moment (HALT!) and ask yourself whether you're feeling hungry, angry, lonely, or tired. When these basic needs are not met, it's hard to think straight, make good decisions, and take care of yourself.

H Hungry

Is it time to eat? Is your stomach growling? Has it been more than 3 to 4 hours since you've eaten? Eating 3 meals and snacks consistently will keep your stomach satisfied and feed your brain so you are more present and attuned to yourself.

A Angry

Anger is a normal, healthy emotion. Take time to understand what's causing your anger and know how to properly express it in constructive ways.

L Lonely

Loneliness can occur when you're by yourself or when surrounded by many people. If you're feeling lonely, ask yourself if you've reached out to anyone lately. Your support system is there for you when you feel depressed, overwhelmed, or anxious, or if you just need someone to talk to.

T Tired

Being tired takes a toll on your body, mind, and spirit. When you're tired, you can make poor decisions and have difficulty coping.

Take a moment to do a HALT assessment. Write down your needs and feelings along with the situation, and come up with an action plan/solution to meet your needs.

STEP 1: HALT Assessment

Am I hungry? Am I angry? Am I lonely? Am I tired?

Example: Tired. I had a poor night of sleep and struggled at work the next day. I noticed I was a bit cranky with my family and coworkers.

STEP 2: Action Plan/Solution

Example: I made a plan to get off my computer by 9 p.m. and avoid caffeine in the afternoon so I can sleep.

HALT can serve as a reminder that you need to take care of your basic needs every day.

Take time each day to check in with yourself. Ask, "Am I hungry, angry, lonely, or tired?" It takes only a minute to honestly assess how you feel.

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