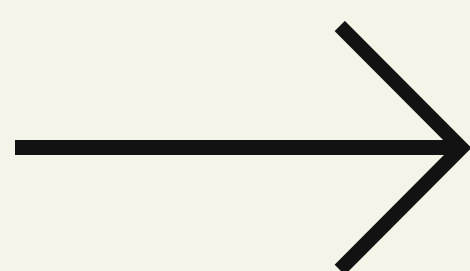


Before engaging in any self-harming behaviours...

H. A. L. T.

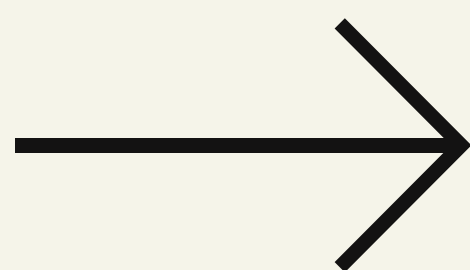
...and ask yourself, am I

hungry?



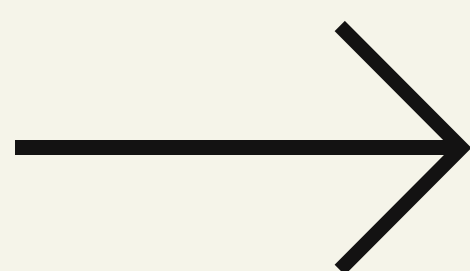
When did I last eat? If my body is hungry I should get a snack or a nutritious meal...

angry?



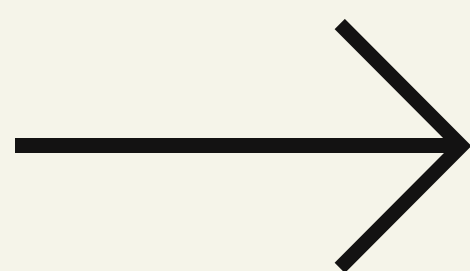
Why am I angry? Am I stressed? I could manage my anger by exercising, going outside, practicing deep breathing or punching a pillow...

lonely?



When is the last time I socialised? Do I miss someone specific? I should reach out to my support network, call family or friends, go and meet new people...

tired?



Have I been getting enough rest? Have I given my body the breaks it needs? To get energised I could take a nap, relax, establish a bed routine, drink less coffee, listen to soothing music...

Use the HALT method to mindfully check your basic needs!