Think HALT

Are you or your team members feeling...

H hungry/Thirsty
A nxious/Angry
L ate/Lonely
T ired

Take a STEP

S top - HALT, pause and 'check-in'
T ake a break - if it is safe to do so
E mpathise - with yourself and others
P lan ahead - work as a team

Adapted from materials developed by Guy's and St Thomas' NHS Foundation Trust
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